THE Valley INDEPENDENT
An Edition of the TRIBUNE-REVIEW

Pitt wins
The Panthers justified their national ranking with a 69-57 win over Villanova on Wednesday. **1B**

Casino owner indicted
Pocono Mountains casino owner Louis A. DeNaples has been indicted for perjury for allegedly lying to an investigative grand jury about his ties to organized crime. **7B**

THURSDAY, JANUARY 31, 2008 RELEVANT, RELIABLE WWW.VALLEYINDEPENDENT.COM 50¢

INSIDE TODAY

Errands priority?
A deputy coroner on her way to a public suicide said she had to first make three personal deliveries for celebrity pathologist Cyril Wecht, who is on trial for allegedly using his county coroner's staff to benefit his lucrative private practice. **3A**

SPORTS

Penguins lose
Atlanta ended a five-game losing streak by beating the Penguins, 4-1, Wednesday night, but lost star Ilya Kovalchuk to a knee injury. **1B**

DEATHS

- Margaret K. Bennett, 91, formerly of Speers Hill
- Verona Danyi Chernay, 84, formerly of Daisytown
- Amelia Clement, 96, of Donora
- Chester Duda, 96, of Rostraver Township
- Elizabeth "Betty" Krempasky, 89, of Donora
- Helen Skokut Malyuk, 95, of Kent, Ohio, formerly of Finleyville
- Mary M. Milkent, 71, of Warren
- Major Harold "Hal" Sacane Sr., of Clovis, N.M.
- Mary Amy Duche Schoka, of Charleroi
- Frank J. "Pete" Staropoli, 44, of Belle Vernon (Rostraver Township)
- Julia E. Suchy, 79, formerly of Monessen
- Madeline "Midge" Muzina Zdravecky, 58, of Roscoe

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WEATHER

Tonight
Freezing rain 32°
Tomorrow
Snow 42°

Page 2A

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Two sections, 20 pages

TOMORROW
Read Valley Seniors, which appears each Friday in *The Valley Independent*.

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Natale heading to trial

Charleroi resident Joseph John Natale allegedly murdered his girlfriend and put her nude body in a Dumpster.

By STACY WOLFORD
Staff Writer
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WASHINGTON, Pa. - A Charleroi man told police an argument over drug money with his girlfriend spun out of control and left her dead in a Dumpster outside his apartment.

Joseph John Natale's confession to state police was enough evidence for Magisterial District Judge David Mark to order him to stand trial on charges of criminal homicide, aggravated assault and abuse of a corpse for the Jan. 5 slaying of Amanda Lynn Faux, formerly of West Mifflin and Clairton.

Natale, 28, of 213 Fifth St., Apt. 3G, appeared Wednesday in Washington County Central Court, where he was ordered held for trial following a preliminary hearing.

One day after the argument with Natale, Faux's nude body was discovered with a bag over her head and an electrical cord from a lamp tied around her neck.

Washington County District Attorney Steve Toprani said he will seek a first-degree murder conviction against Natale.

But Natale's attorney, David DeFazio of Pittsburgh, claims the crime was not premeditated and his first goal is to seek having the case reduced to third-degree murder, voluntary or involuntary manslaughter.

"Clearly this is a tragedy and it's another example of the plague of drug abuse," DeFazio said after the hearing.

Natale appeared somber as he listened to Allegheny County forensic pathologist Dr. Abdulrezak Shakir testify that Faux died of asphysixiation due to strangulation. Her body was also covered with 25 injuries due to blunt force trauma, Shakir said. He said many of the injuries likely resulted from Faux defending herself.

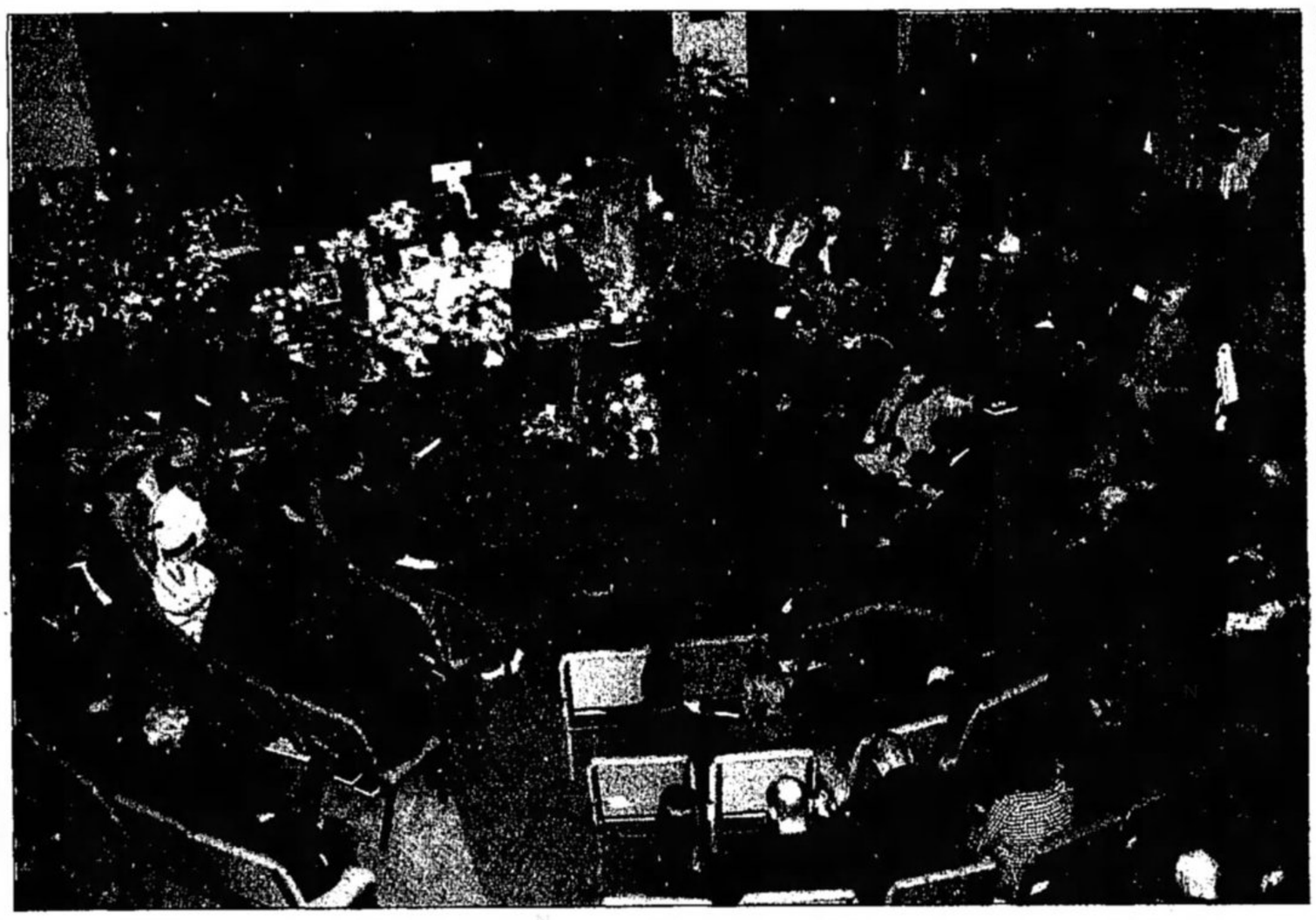
Members of Faux's family weeped silently as they listened to Shakir detail the extent of her wounds.

State police Trooper Craig Yauch of Trooper B, Rostraver Township, testified he interviewed Natale after he turned himself in around 8 p.m. Jan. 8. Charleroi police had issued a search warrant for his apartment.

Yauch testified Natale told him

(See NATALE, Page 2A)

Joseph John Natale



Jim Ference/The Valley Independent

Relatives and friends of the late Sasha Zuro gathered Wednesday at Orchard Christian Fellowship in Monessen for a memorial service for the 26-year-old Washington Township resident who died in a weekend fire at Seven Springs Mountain Resort.

Community bids Sasha goodbye

A memorial service was held Wednesday for 26-year-old Washington Township resident Sasha Zuro, who died in a weekend fire at Seven Springs Mountain Resort.

By JEFF PIKULSKY
Staff Writer
jpikulsky@tribweb.com

MONESSEN - More than 200 family and friends gathered Wednesday to remember Sasha Zuro as a vibrant woman whose life was tragically cut short.

Zuro, 26, of Washington Township, died Sunday in a condominium fire at Seven Springs Mountain Resort.

Her boyfriend, Jonathan M. Murt, 22, of Rostraver Township, also died in the blaze, which began about 1 a.m. in a 12-unit structure in the Sunridge section of The Villages at Seven Springs in Middlecreek Township.

Zuro's church, Orchard Christian Fellowship, of Monessen, held a special memorial service for her Wednesday morning.

Pastor John Custer remembered Zuro as an energetic young girl who was quick to profess her love for God.

"I learned about this, that there was a time in Sasha's life as a little girl, when a teacher or a friend said, 'Who wants to believe in Jesus today?' And as a little girl, Sasha went, 'Me,'" Custer said. "What a beautiful thing Sasha did at the time she was a little girl ... that's what gets you to heaven."

Custer comforted the crowd, assuring them that Zuro is now resting peacefully.

"I do believe that if Sasha were here this morning and we were able to ask her if she wanted to come back, as much as she loves all of you, she would probably say, 'I don't think so,'" Custer said. "Where she's at is such a wonderful place ... she's truly gone to a place of rest."

Custer commented on the large crowd gathered to pay their respects.

"You are all testimony to the fact that she had probably more friends than I can imagine," he said. "I wouldn't doubt this morning that Sasha is getting to see this and her heart is full of purpose."

Custer invited those at the memorial service to testi-

(See SASHA, Page 2A)

Discount drug plan set to go

Free prescription drug cards will be available to all Westmoreland County residents in March.

By RICHARD GAZARIK
For The Valley Independent
rgazarik@tribweb.com

Westmoreland County will launch a prescription discount drug program for all residents in March.

Free prescription drug cards, sponsored through the National Association of Counties, will be available to all residents regardless of age, income or existing health or prescription drug insurance coverage, said Ted Kopas, aide to Commissioner Tom Balya.

The uninsured likely will receive the greatest benefits, according to the National Association of Counties.

Westmoreland joins 32 other Pennsylvania counties enrolled in the program including Armstrong, Butler, Washington and Somerset.

Kopas said the discounts average about 20 percent off the retail price of commonly prescribed medications. He said residents simply will present the card to their pharmacist for an immediate discount. There are no claim forms to fill out.

Some discounts could be more, some less, depending on the type of drug and the quantity. Residents will get a higher discount if they buy drugs in three-month supplies.

Participants will not be able to use the discount card in conjunction with other insurance plans, only to purchase prescriptions not covered by an individual's plan.

Medicare recipients who have drug coverage cannot receive a discount unless the drug is not covered by Medicare.

The cards can't be used for over-the-counter medications, but consumers will receive a discount on

(See DRUG PLAN, Page 2A)

Ex-area man gets 17.5 years for sexually abusing children

Monongahela native William Irey took digital pictures of himself having sex with children as young as 4.

By STACY WOLFORD
Staff Writer
swolford@tribweb.com

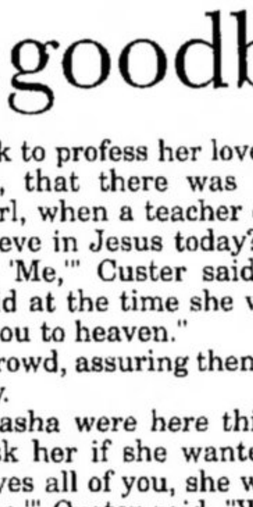
A Monongahela native accused of sexually abusing and photographing more than 50 Asian children and posting their pictures on the Internet will spend the next 17 1/2 years in prison.

William Irey, 50, a former construction executive in Lake Buena Vista, Fla., was also placed on lifetime supervision during his sentencing Tuesday before U.S. District Judge Gregory Presnell in Orlando, Fla.

Irey, of Lake Buena Vista, Fla., was arrested by U.S. Immigration and Customs Enforcement agents Dec. 14, 2006, after he was indicted by a federal grand jury in Orlando. He pleaded guilty July 2, 2006.

Irey had been confined to the LifeStream Psychiatric Hospital in Leesburg, Fla., for the past year.

Irey is CEO and president of Frank Irey Construction Inc., a major Walt Disney World contractor. He is a member of the Irey family of the Mon Valley. The company's work has included projects on Disney's Epcot and Hong Kong Disneyland.



William Irey

According to a press release issued by the U.S. Attorney's office in the middle district of Florida, Irey traveled to Cambodia and took digital pictures of himself having sex with children as young as 4.

Agents seized over 1,200 images of child pornography from Irey's computer, according to court records.

The pictures taken by Irey were of numerous children performing sex acts in front of a pink wall, according to the press release. The series of pictures of abuse became known as the "Pink Wall Series" as they were distributed worldwide over the Internet.

Federal agents executed a search warrant at Irey's south Orange County home Aug. 16., 2006. Among items seized were three of Irey's credit cards, at least four laptop and two desktop computers, and more than 80 CDs, DVDs, floppy disks and memory sticks, whose contents have not been revealed.

Using e-mail intercepts and retrieval of the Web company's usage and billing logs, federal agents traced Irey's subscriptions and credit-card use to his Orlando home.

Irey faced a minimum mandatory sentence of 15 years behind bars and a maximum of 30 years.

VALLEY PEOPLE

Region's economy created only 900 more jobs in '07

The local economic slowdown mirrors the national economy.

By JOE NAPSHA
For The Valley Independent
jnapsha@tribweb.com

The Pittsburgh region's economy created just 900 net jobs in 2007, according to preliminary state figures issued today - an indication that the local economic slowdown mirrors the national economy, experts said.

"There's slow economic growth in both the region and the national economy," said Robert Dye, senior economist for PNC Financial Services Group Inc.

The number of nonfarm jobs in the seven-county Pittsburgh region - Allegheny, Armstrong, Beaver, Butler, Fayette, Washington and Westmoreland counties - fell to 1,150,200 in December, according to a state survey of employers.

That was a mere 900-job increase from December 2006, according to the state's Center for Workforce Information and Analysis jobs report in December.

"The job growth has been modest (in the region) for a few years now," said Richard DeKaser, chief economist for Cleveland-based National City Corp.

It is "the consequence of the housing market collapse last year - very abrupt and very sharp. That took its toll directly and indirectly."

In addition, the Pittsburgh region's unemployment rate rose in December by six-tenths of a percentage point to 4.8 percent, from 4.2 percent in November, the state said.

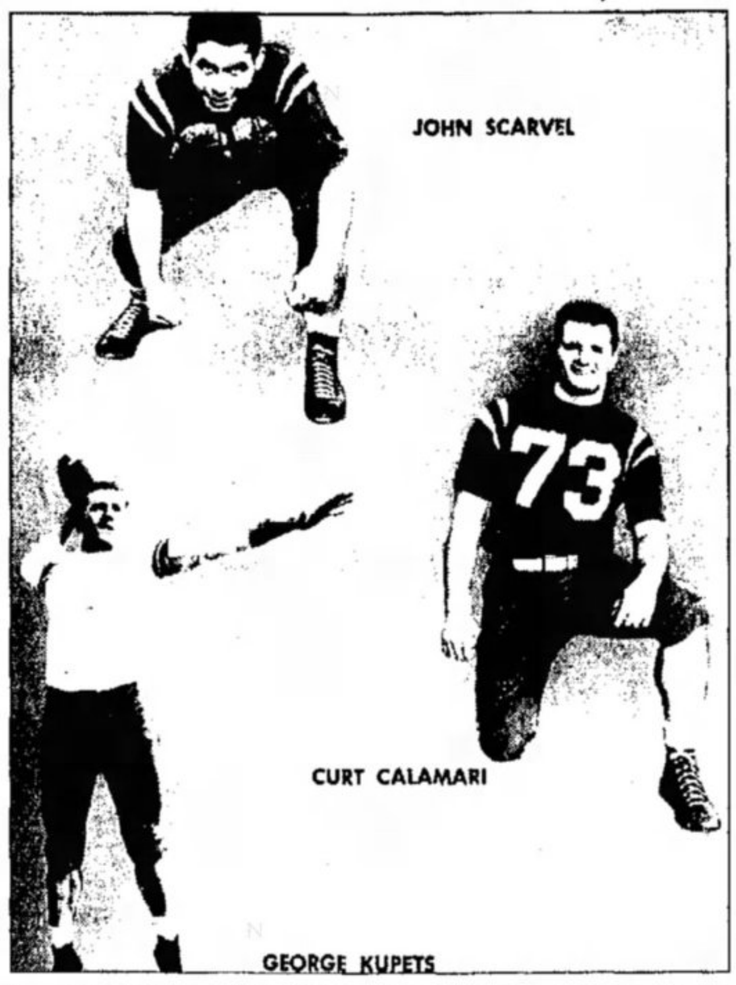
With all of the nation's economic woes, the "sad story" that is the region's job growth from December-to-December is not surprising, said Jake Haulk, an economist and president of the Allegheny Institute for Public Policy in Castle Shannon.

"I don't know why anyone would expect Pennsylvania to do a whole lot better than the nation," Haulk said.

"It's a pretty weak story. There's not much to brag about."

The small increase in the number of nonfarm jobs in the region in the 12-month period is "statistically, probably not even measurable," Haulk said.

Yesteryear



Three players with area ties were senior members of California State Teachers College's undefeated football team in 1958. Shown here are linemen John "Jack" Scarvel, a Farrell native who later enjoyed a long and successful coaching career at Monessen High School; Curt Calamari, a Charleroi High graduate; and quarterback George Kupets, a Redstone High product. The photo is from the California University of Pennsylvania archives.

If you have a good oldtime photograph, send it to us at Eastgate 19, Monessen, Pa., 15062.

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fax: (724) 250-6422
LARRY SPAHR
DIRECTOR

GENERAL PRIMARY

NOTICE

NOTICE is hereby given to the electorate of Washington County, Pennsylvania, that a General Primary Election will be held in said County on Tuesday, April 22, 2008 between the hours of 7:00 o'clock A.M. and 8:00 OP.M., prevailing time, at which time the registered and enrolled electors of the DEMOCRAT AND REPUBLICAN Parties will assemble and vote according to law:

President of the United States.....One
Attorney General.....One
Auditor General.....One
State Treasurer.....One
Representative in Congress.....Two
(12th Congressional District.....One)
(18th Congressional District.....One)
Senator in the General Assembly.....One
(37th Senatorial District)
Representative in the General Assembly.....Six
(39th Legislative District.....One)
(40th Legislative District.....One)
(46th Legislative District.....One)
(48th Legislative District.....One)
(49th Legislative District.....One)
(50th Legislative District.....One)
Republican State Committee.....Five
(Two Males, Two Females and one of either gender to be elected)
Delegate to the Democrat National Convention.....Ten
(Three Males and Two Females to be elected in the 12th Congressional District)
(Three Males and Two Females to be elected in the 18th Congressional District)
Alternate Delegate to the Democrat National Convention.....Two
(One Female to be elected in the 12th Congressional District)
(One Female to be elected in the 18th Congressional District)
Delegate to the Republican National Convention.....Seven
(Three Delegates to be elected in the 12th Congressional District)
(Four Delegates to be elected in the 18th Congressional District)
Alternate Delegate to the Republican National Convention.....Seven
(Three Alternate Delegates to be elected in the 12th Congressional District)
(Four Alternate Delegates to be elected in the 18th Congressional District)

GIVEN UNDER OUR HANDS and the official seal of the Washington County Board of Elections this 24th day of January, 2008.

Larry Maggi, Chairman
J. Bracken Burns, Sr., Member
Diana L. Irey, Member
Washington County Board of Elections

ATTEST: Mary E. Helicke
Mary Helicke, Chief Clerk

Weather

Friday	Saturday	Sunday	Monday	Tuesday
High 42	High 40	High 45	High 48	High 55
Low 28	Low 25	Low 28	Low 38	Low 35

Natale (FROM PAGE ONE)

that he got into an argument with Faux after leaving a party at another apartment located down the hall from the apartment they shared.

"He said she wanted money to buy drugs. The argument escalated and she grabbed a blender pitcher and struck him in the head, causing it to break," Yauch testified.

Natale allegedly told Yaugh that the fight turned more violent when he threw the blender at her, striking her in the head.

"He said she then started attacking him and he began to strangle her until she lost consciousness and went to the floor," Yauch stated.

Natale then allegedly confessed to cleaning up the apartment, wrapping Faux's body in a comforter and them dumping her lifeless body head-first into the Dumpster.

Yauch said Natale had an "indentation" on his head and two scratches on his face he claimed resulted from the fight with Faux.

"He (Natale) was just responding to a physical argument that she initiated and went too far," DeFazio said.

DeFazio noted that a simple assault charge was filed by Clairton police against Faux the day after her body was found. Police accused her of kicking Natale while he was in the midst of a heroin overdose the night before she was killed.

"I think it's going to come out in trial that drugs played a huge part," DeFazio said.

Toprani said officials are awaiting toxicology tests that will show how much a role drugs played in the case. He said he has not decided whether his office will seek the death penalty.

"I have a great deal of sympathy for the family," Toprani said after meeting with Faux's relatives following the hearing.

"We will prosecute Mr. Natale fully with the evidence we have available," he added.

Sasha (FROM PAGE ONE)

fy their love for God as Zuro did as a child.

As members of the audience raised their hands in affirmation, Custer said, "God bless you. I know she's smiling. She's smiling along with Jesus with what just took place."

Custer invited family and friends to share stories about Zuro.

Bus driver Grace Boyd remembered the game at which the 1999 Belle Vernon Area graduate eclipsed 1,000 points in her standout scholastic basketball career.

"When they stopped the game to honor her, it was such a beautiful thing," Boyd said. "She was such a beautiful person ... we just have to thank God for the life she lived. There's nothing more precious than a soul that lets their light shine through Jesus."

A lighthearted moment came when Sommer Dongilli, a high school classmate and softball teammate of Zuro's, recalled making childhood movies where Zuro posed as "the best model in America."

"In high school, girls wanted to be Sasha and guys wanted to date Sasha," Dongilli said, inciting laughter from the audience.

Another friend called Zuro "the little sister that I never had."

Jim Ference/The Valley Independent

Amid floral and photo tributes to the late Sasha Zuro, Pastor John Custer of Orchard Christian Fellowship in Monessen addresses the growd gathered at her Wednesday memorial service.

Zuro's mother, Mila, was last to speak.

"She was a unique child from the word go," she said of her daughter. "She will be so greatly, greatly missed. I know Sasha had tons of friends, I see them here. There were a lot of fun times, a lot of good times."

The building that Zuro and Murt were in when the fire occurred was destroyed along with five adjoining units.

Drug plan (FROM PAGE ONE)

diabetic supplies.

Animal owners also will receive a discount for medications for their pets.

Kopas said residents will receive their cards by applying online or at various distribution centers throughout the county. Distribution center locations will be announced March 1.

Kopas said the county is making the announcement now because of the number of inquiries the commissioners have received about the program.

Final details haven't been work out yet, he said, although some counties have used mass mailings to send cards to every resident.

"It could be as simple as going to the courthouse or going online. We want to make it as easy as possible," Kopas said.

The county's Web site -- www.co.westmoreland.pa.us./rxcard -- has information about the program.

The Web site also shows a list of pharmacies that accept the discount cards.

Residents also can call toll-free at 800-222-8848 or get information at www.caremark.com/naco.

Valley briefs

Forward Township Incidents probed

Forward Township Police Chief Thomas Staley said his department is investigating two attempted burglaries at businesses in the Gallatin area of the township.

Staley said that at 4 a.m. Tuesday, someone attempted to break in to Chemco on Industrial Drive by smashing out the front door window of the business.

Entry was not made, but the business sustained several hundred dollars in damages to the window.

Staley said another business in the same location, Duct Mate, had been hit by the same person in the same manner. No entry was made, but the company had to pay to replace a door.

Staley said the suspect involved is a white male. While the suspect's identity is not known at this time, the chief is optimistic he will be found.

"We have surveillance on the actor and we are in the process of trying to get it enhanced," Staley said.

Anyone with any information into the incidents is asked to call police at (412) 384-2134. All information will remain confidential.

Fire damages Fayette City home

A house fire Wednesday left a Fayette City woman, her daughter and several grandchildren homeless.

Cindy Farkas, of 124 S. High Street in Fayette City, and other family members were driven from the two-story home when the blaze broke out at 6:20 p.m. in a second-floor bedroom, said Fayette City volunteer fire Chief Jim Eley.

"The family was standing outside the home when crews arrived. They're going to be displaced for a while," said Eley, adding that American Red Cross was summoned to provide aid.

Though Eley's crews extinguished the fire in about 15 minutes, the blaze gutted the bedroom where it started and a second-floor bathroom. The rest of the home sustained smoke and water damage, Eley said.

No injuries were reported.

Trooper Thomas Maher, a state police fire marshal at Uniontown, is investigating.

Assisting Fayette City firefighters were crews from Belle Vernon, Washington Township, Newell, Grindstone, Perry Township and Connellsville Township.

Cavanagh loses post-conviction bid

Fayette County Judge Ralph Warman has dismissed a post-conviction motion by former political candidate Michael J. Cavanagh, who claimed his defense attorney was ineffective at his 2001 trial for insurance fraud.

Warman's order and opinion, filed earlier this month, came 29 months after a hearing focusing on Cavanagh's claims that his ex-attorney, Brent Peck, did not alert the court about an alleged sleeping juror and failed to press for a change of venue because of pretrial publicity.

Cavanagh, 35, of Uniontown, was convicted at trial of insurance fraud, forgery and tampering with records.

He has run for state representative and county commissioner, but appellate courts have ruled that the convictions bar him from holding office.

Associated Press

Former Allegheny County Coroner Cyril Wecht is on trial in federal court in Pittsburgh.

Witness says Wecht errands took priority over suicide call

Public corruption trial of former Allegheny County coroner is continuing in Pittsburgh.

By JOE MANDAK
Associated Press Writer

PITTSBURGH — A deputy coroner on her way to a public suicide said she had to first make three personal deliveries for celebrity pathologist Cyril Wecht, who is on trial for allegedly using his county coroner's staff to benefit his lucrative private practice.

Darlene Craig, testifying in the third day of the former Allegheny County coroner's fraud trial, said a supervisor told her to deliver documents or other items as she left for the suicide call, which was a half-hour drive from the coroner's downtown office.

"So I made those three deliveries before I actually went to the hanging," Craig testified. "And the body was hanging outside."

"Literally hanging?" Assistant U.S. Attorney Stephen Stallings asked.

"Yes," Craig said.

Wecht, 76, built a multimillion-dollar practice that has spawned numerous books and television appearances by inquiring into the deaths of Elvis Presley, JonBenet Ramsey and Vincent Foster among others.

He is charged in a 41-count indictment with using his government staff as bookkeepers, secretaries, couriers and gofers for his multimillion-dollar private practice and his family. Wecht, who earned no more than $64,000 a year as county coroner, resigned when he was indicted in January 2006.

Another deputy, Richard Lorah, said Wecht once directed him to make a personal errand before going to the scene of a fatal crash.

Old Glenwood Bridge disappeared in 1969

Ron **PAGLIA**

Maybe it's because there are so many of them in western Pennsylvania, but bridges are always a good source of debate about history.

A case in point is an email from an "older guy" in Monessen who asked when the old Glenwood Bridge spanning the Monongahela River between the Hazelwood and Hays sections of Pittsburgh was demolished.

The writer said he has a "friendly wager" with another man and is putting his money on the rickety structure being razed "somewhere around 1970."

You're not far off, sir. The date was Wednesday, July 16, 1969.

According to a United Press International story in *The Valley Independent* two days earlier, river traffic was to be halted along the 128-mile river for a 24-hour period beginning at 6 a.m. when the demolition was to start.

"No barges will play the river during the period," UPI reported.

Douglas Myers, traffic manager of Atlas Concrete Company, which had the contract for dismantling the structure, predicted, "It will fall into the river in a few seconds."

The U.S. Army Corps of Engineers, however, required that the firm clear a 250-foot width of navigation within 24 hours and complete removal within 48 hours after the span fell into the river.

"After the bridge has fallen into the water, derrick boats will pull the steel to barges where torches will cut it into pieces," the news service reported.

The demolition date was purposely to set to coincide with a vacation period for coal miners, which resulted in closing half of the district's coal mines and a corresponding decrease in river traffic.

In its post-demolition coverage, UPI said the old Glenwood Bridge was "blasted into the water Wednesday. Dynamite charges were set off at 6:59 a.m. and the steel and wooden structure crumbled into the river."

For those who are two young to remember the old Glenwood Bridge, it was a narrow span that carried automobiles and other vehicles as well as trolley cars and buses between Hays and Hazelwood.

The bridge was a familiar - and, at times, rather frightening -part of the popular shortcut to the Oakland section of Pittsburgh.

Thousands of area sports fans used that route to take in baseball and football games at Forbes Field and college and high school football and basketball contests at the University of Pittsburgh's facilities.

That route also led to downtown Pittsburgh via Second Avenue.

A new Glenwood Bridge, the four-lane span that currently exists not far from Sand Castle and Homestead, was opened several months before the old structure was demolished.

As expected, media attention was plentiful on the morning the old bridge was blasted into the murky Monongahela River.

A multitude of curious onlookers lined the banks on both sides of the river to get a first-hand look at history in the making.

As Douglas Myers of Atlas Concrete predicted, it took only a few seconds, but it's obvious the memories remain strong.

That stretch of the river also was the site of two relatively famous airplane crashes.

At about 11 p.m. on Wednesday, Dec. 23, 1954, 10 men were killed when a chartered twin-engine D.C. 7 crashed into the river near Dravosburg.

The plane, which sank about 30 minutes after impact, was carrying 28 servicemen home for Christmas when it apparently ran out of gas some 12 miles upstream from Pittsburgh.

The crash killed nine of the military personnel and the civilian pilot.

It had traveled only about 300 miles after taking off at 8:40 p.m. from Newark (N.J.) Airport and was bound for the West Coast with a happy load of GIs just back from Europe and due for holiday furloughs and discharges.

The plane was approaching Pittsburgh when the pilot, Harold Poe of Seattle, radioed the Allegheny County Airport control tower to say, "I'm out of gas."

All but 10 of the 28 men aboard either swam through the ice-cold water to the river bank or were pulled to safety by their buddies and civilian rescuers.

The survivors were treated at McKeesport Hospital mainly for cuts and bruises and exposure to the water and near zero temperatures.

Initially, Poe had made it to shore but, according to witnesses, waded back into the water in an attempt to rescue others. He disappeared into the water and was never seen again.

The wreckage of the plane, which crashed into the water about 200 feet offshore, was pulled from the water the next day by river barge and tug crews.

The other crash, perhaps the more legendary of the two, occurred in the early morning of Jan. 31, 1956.

That incident involved a B-25 bomber en route from Nellis Air Force Base in Nevada to Olmstead Air Force Base near Harrisburg. It crashed into the Mon near Homestead.

As the informative Web site Wikipedia notes, all six crewmen survived the crash but two later succumbed to exposure and drowned.

Despite the relative shallowness of the water at the site of the crash, the aircraft was never recovered and the mystery lingers 52 years later.

(If you have memories to share or story ideas, contact Ron Paglia at ronpaglia@verizon.net or c/o The Valley Independent, Eastgate 19, Monessen, PA 15062.)

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PET SUPERSTAR 2008 COMPLETE CONTEST RULES
1. To enter, either drop off your photo, completed entry form and $10.00 donation or mail to The Valley Independent Pet Superstar, Eastgate 19, Monessen, PA 15062. Donations are to be made payable to Valley Independent NIE. Checks, money orders, credit cards or cash will be accepted.
2. Color or black/white 4x6 photos will be accepted. Photos can not be returned, but will be available for pick up from April 1, 2008 through April, 30, 2008 at the Valley Independent.
3. All entries must be received by 4:30 pm on Wednesday, February 6, 2008.
4. Only one pet per photo and one photo per entry will be accepted. We will not accept any photo containing humans.
5. Valley Independent readers will cast their votes for their favorite pet photos by ballots made available in the Valley Independent publication, online at http://www.valleyindependent.com/ or at the main lobby of the Valley Independent.
6. Contest will consist of three voting rounds. First round will commence Tuesday, February 12, 2008 and voting will close at 4:30 pm on Friday, February 22, 2008. Round two, consisting of top vote recipients, will commence on Tuesday, March 4, 2008 and voting will close at 4:30 pm on Friday, March 14, 2008. Round three, consisting of top vote recipients, will commence on Tuesday March 18, 2008 and voting will close at 4:30 pm on Friday, March 28, 2008. Winners will be announced on April 8, 2008.
7. 1st place prize package will be valued at $250.00, 2nd place prize package will be valued at $100.00 and 3rd place prize package will be valued at $50.00.
8. Contest is open to all residents of the Trib Total Media home delivery areas. Employees of Trib Total Media and sponsor companies are not eligible to participate. Prizes won by minors must be accepted by parent or guardian.
9. Void where prohibited by law. All federal, state and local laws and regulations apply.
10. Donations are voluntary, entry and voting may be done at minimal cost by contacting Trib Total Media NIE at 1-800-909-Trib.
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BENNETT — Margaret K. Bennett, 91, formerly of Speers Hill, on Monday, Jan. 28. Ferguson Funeral Home and Crematory Inc., Belle Vernon.*

CHERNAY — Verona Danyi Chernay, 84, formerly of Daisytown, on Wednesday, Jan. 30. John B. Greenlee Funeral Home, Beallsville.*

CLEMENT — Amelia Clement, 96, of Donora, on Wednesday, Jan. 30. Anthony L. Massafra Funeral Home, Donora.*

DUDA — Chester Duda, of Rostraver Township, on Wednesday, Jan. 30. James C. Stump Funeral Home Inc., Sweeney Plan/Rostraver Township.

KREMPASKY — Elizabeth Krempasky, 89, of Donora, on Wednesday, Jan. 30. Anthony L. Massafra Funeral Home, Donora.*

MALYUK — Helen Malyuk, of Kent, Ohio, formerly of Finleyville, on Monday, Jan. 28. Redmon Funeral Home, Stow, Ohio.*

MILKENT — Mary M. Milkent, 71, of Warren, formerly of Lehigh Acres, Fla., on Tuesday, Jan. 29. Larson-Timko Funeral Home, Fredonia, N.Y.*

SCHOKA — Mary Amy Duche Schoka, of Charleroi, on Wednesday, Jan. 30. Robert A. Billick Funeral Home Inc., Monessen.*

STAROPOLI — Frank J. Staropoli, 44, of Belle Vernon (Rostraver Township), on Tuesday, Jan. 29. James C. Stump Funeral Home Inc., Sweeney Plan/Rostraver Township.*

SUCHY — Julia E. Suchy, 79, formerly of Monessen, on Thursday, Jan. 3. Robert A. Billick Funeral Home Inc., Monessen.*

ZDRAVECKY — Madeline Zdravecky, 58, of Roscoe, on Tuesday, Jan. 29. Ed Melenyzer Funeral Homes Inc., Roscoe.*

PREVIOUS DEATHS:
BRANDABURA, Mary*
DAVIS, Elizabeth L.*
*** See death notice**

Margaret K. Bennett
Formerly of Speers Hill

Margaret K. Bennett, 91, formerly of Speers Hill, died Monday, Jan. 28, 2008, in Linthicum, Md. A daughter of the late John and Mary Kornosky, she was born in Elco on April 13, 1916. Margaret had been a member of the former St. Jerome's Roman Catholic Church in Charleroi, a founding member of the Speers Civic Club and a lifelong member of the Joker's Card Club. She served for many years as the secretary for both Speers Borough and the former Speers Water Company. Margaret was elected to multiple terms as the Washington County Tax Collector. A resident of Phillips Street for most of her adult life, she was proud of her work in the yard and garden. Survivors include one son and daughter-in-law, Pete and Joanne Bennett; three grandchildren, Amanda, Katie and Ryan Bennett, all of Crownsville, Md.; and one sister, Catherine Johnston, of Speers Hill. In addition to her parents, she was preceded in death by her husband of 38 years, James C. Bennett, on Oct. 15, 1986. Friends will be received Friday from 6 to 8 p.m. in the FERGUSON FUNERAL HOME and CREMATORY INC., www.fergusonfuneralhome-andcrematory.com, (724-929-5300), 700 Broad Ave., Belle Vernon. Family and friends will gather in the funeral home Saturday, Feb. 2, at 9:15 a.m. and proceed to Mary, Mother of the Church for a 10 a.m. Funeral Mass. Interment will follow in Belle Vernon Cemetery.

Family and friends are invited to sign the online guest book at www.valleyindependent.com.

Mary Brandabura
Monessen

Mary Brandabura, 90, of Monessen, died Tuesday, Jan. 29, 2008, in Mon Valley Care Center. Born in Monessen on Aug. 5, 1917, she was the daughter of the late John and Sophia Choban Biszaha. She was a member of St. Mary's Byzantine Catholic Church. Besides her parents, she was preceded in death by her first husband, Andrew Nagel, and her second husband, John Brandabura; and one granddaughter, Christine Coccari. Survivors include one daughter, Carol Nagel Coccari, with whom she made her home; one son, Dr. Clement Nagel, of Jacksonville, Fla.; and one sister, Madeline Duwall, of Donora. Friends will be received in the ROBERT A. BILLICK FUNERAL HOME INC., Grand Boulevard and Marion Avenue, Monessen (724-684-3700), on Friday, Feb. 1, from 9 to 11 a.m., the hour of service in the funeral home. Interment will follow in St. Mary's Cemetery, Rostraver Township.

Family and friends are invited to sign the online guest book at www.valleyindependent.com.

Amelia Clement
Donora

Amelia Clement, 96, of Donora, passed away Wednesday, Jan. 30, 2008, at her daughter's home in Penn Hills. Mrs. Clement was born in Donora on Nov. 16, 1911, a daughter of the late Antonio and Maria Amolini Bettinelli. She was a member of Our Lady of the Valley Parish in Donora. Mrs. Clement was a seamstress at Donora Sportswear for many years. In addition to her parents, she was preceded in death by her husband, Clarence Clement; a daughter, Lisa Marie Turcol; and three brothers, Anthony, Christopher and William Bettinelli. Survivors include her daughter, Eileen Turcol and husband, Donald, of Penn Hills; one grandson, Jeffery D. Turcol and wife, Coleen, of Kentucky; two great-grandsons, Jason F. and Adam J. Turcol; two sisters, Agnes Sasselli and Irma Biagini, both of Donora; and many nieces and nephews. Friends will be received in the ANTHONY L. MASSAFRA FUNERAL HOME, 40 Second St. Ext., Donora (724-379-6900), on Saturday, Feb. 2, from 10:30 a.m. to 12:30 p.m., at which time prayers will be recited. A Mass of Christian Burial will be celebrated at 1 p.m. in St. Philip Neri Church of Our Lady of the Valley Parish in Donora with the Rev. Michael Yaksick as celebrant. Interment will follow in Mon Valley Memorial Park, Donora.

Family and friends are invited to sign the online guest book at www.valleyindependent.com.

Elizabeth L. Davis
Donora

Elizabeth L. "Betty" Davis, 67, of Donora, passed away Sunday, Jan. 27, 2008, in Monongahela Valley Hospital, Carroll Township. She was born in Wyano on April 17, 1940, the daughter of the late Harmon Augustive and Sylvia Emily King Davis. Survivors include her sister, Ruth Gregg and husband, Averel, of Maryland; two nieces, Susan Subocz and husband, Douglas, of Maryland, and Kelly Parrish and husband, Thomas, of Stevens; and great-nieces and nephews, Debbie, Jenny and Emily Subocz and Thomas, Christopher and Emily Parrish. Friends will be received Friday from 2 to 4 and 6 to 8 p.m. at the PAUL MACIK FUNERAL HOME, 546 Thompson Ave., Donora (724-379-7000), where funeral services will be held Saturday, Feb. 2, at 11 a.m. with the Rev. William Bailey officiating. Interment will follow in Round Hill Cemetery, Elizabeth Township.

Family and friends are invited to sign the online guest book at www.valleyindependent.com.

Elizabeth Krempasky
Donora

Elizabeth "Betty" Krempasky, 89, of Donora, passed away Wednesday, Jan. 30, 2008, in Hallsworth House, Monessen. She was born in Donora on June 5, 1918, a daughter of the late George and Anna Sipos Milholic. Mrs. Krempasky was a member of St. Michael Byzantine Catholic Church in Donora. In addition to her parents, she was preceded in death by four sisters, Mary Bagay, Rose Pacak, Anna Stefus and Peggy Gucwa; and an infant brother. Survivors include her husband of 65 years, Stephen J. Krempasky; a son, Kenneth Krempasky, of McKees Rocks; two grandsons, Adam and Steve Krempasky; two nieces, Audrey Pacak and Vera Kicinski; and three nephews, Bob Gucwa, Eddie Bagay and George Stefus. Friends will be received Friday from 2 to 4 and 6 to 8 p.m. in the ANTHONY L. MASSAFRA FUNERAL HOME, 40 Second St. Ext., Donora (724-379-6900), where Panachida Services will be held Saturday, Feb. 2, at 9:30 a.m., followed by a Funeral Liturgy at 10 a.m. in St. Michael Byzantine Catholic Church in Donora with the Rev. Stephen Wahal as celebrant. Interment will follow in St. Michael Cemetery, Donora. Parastas Services will be held in the funeral home on Friday at 2:30 p.m.

Family and friends are invited to sign the online guest book at www.valleyindependent.com.

Helen Malyuk
Kent, Ohio
Formerly of Finleyville

Helen Skokut Malyuk, 95, of Kent, Ohio, formerly of Finleyville, went home to Heaven on Monday, Jan. 28, 2008. She was an active member of the Saint Nicholas Greek Catholic Church in Monongahela, where she was a member of the Woman's Guild, choir and served as a church auditor and past treasurer of the Altar Society. She also was a member of the Finleyville AARP, Chapter 4302 and a volunteer member of the Mingo Watch Tower during World War II while her husband was serving with the U.S. Army in Germany. In addition to her parents, Michael and Justina Regula Skokut, she was preceded in death by her husband, Michael, in 1990; three sisters, Emma, Esther and Alice; and one brother, William. Survivors include two sons, Robert (Ruth) and Michael (Susan); three granddaughters, Amy, Lisa and Heather Malyuk; one sister, Peggy; one brother, George; and many nieces and nephews. Father Edward Pehanich will conduct services on Saturday, Feb. 2, at 11:30 a.m. at the FRYE FUNERAL HOME INC., 427 West Main St., Monongahela (724-258-6136), where friends may call from 10 to 11:30 a.m., the time of service. Burial will be in Monongahela Cemetery. Arrangements are being handled by the REDMON FUNERAL HOME, 3633 Darrow Road, Stow, Ohio 44224 (330-688-6631).

Family and friends are invited to sign the online guest book at www.valleyindependent.com.

Verona Chernay
Formerly of Daisytown

Verona Danyi Chernay, 84, formerly of Daisytown, died Wednesday, Jan. 30, 2008, in Humbert Lane Health Care Center, Washington, Pa. Funeral arrangements are incomplete and will be announced by the JOHN B. GREENLEE FUNERAL HOME, 2830 Main, St., Beallsville. A complete obituary will be announced in a later edition.

Family and friends are invited to sign the online guest book at www.valleyindependent.com.

Mary M. Milkent
Warren

Mary M. Milkent, 71, of Warren, formerly of Lehigh Acres, Fla., died Tuesday, Jan. 29, 2008, in Warren General Hospital, following an extended illness. She was born April 19, 1936, in Charleroi, the daughter of the late Joseph and Edith (Walker) Katinsky. She graduated from Charleroi High School and married her loving husband of over 46 years, Bernard "Bum" Milkent, who preceded her in death in 2003. She was a member of St. Rafael's Roman Catholic Church in Lehigh. Mrs. Milkent was a certified nurse's aide, had worked at Lehigh Community Hospital and as a home health care aide. She enjoyed crocheting and loved to cook, especially Polish foods. She was a loving wife, mother and grandmother who will be sadly missed by all. She is survived by her son, John (Bonnie) Milkent, of Warren; two grandsons; a granddaughter; and a brother, Joseph (Jean) Katinsky. She was preceded in death by her parents, her husband and a sister, Joan Beno. There will be no prior visitation. Interment will be held in Florida at the convenience of the family. Arrangements are by the LARSON-TIMKO FUNERAL HOME, Fredonia, N.Y. To send a condolence log onto www.clingerfuneralhomes.com.

Family and friends are invited to sign the online guest book at www.valleyindependent.com.

Mary A. Schoka
Charleroi

Mary Amy Duche Schoka, of Charleroi, died Wednesday, Jan. 30, 2008, in Mon Valley Care Center. Friends will be received Friday from 2 to 4 and 7 to 9 p.m. in the ROBERT A. BILLICK FUNERAL HOME INC., Grand Boulevard and Marion Avenue, Monessen (724-684-3700). A complete obituary and funeral service information will be announced in Friday's edition.

Family and friends are invited to sign the online guest book at www.valleyindependent.com.

Frank J. Staropoli
Rostraver Township

Frank J. "Pete" Staropoli, 44, of Belle Vernon (Rostraver Township), died Tuesday, Jan. 29, 2008. Born in Clairton on July 9, 1963, he was the beloved son of Frank A. Staropoli and Sandra Oliver, of Rostraver Township, and Theresa (Staropoli) and Bill Campbell, of Orlando, Fla. Pete was a member of the Church of St. Anne in Rostraver Township and its Holy Name Society. He was manager of Starr Auto Service Inc., Starr Auto Wrecking and Starr Auto Parts in Rostraver Township for 30 years. Pete was active in the Rostraver Midget Football League and coached T-ball and girls' softball. He enjoyed hunting, silhouette pistol shooting and was an avid trap shooter. He was a member of the NRA and several sportsmen associated gun clubs. He was a Harley-Davidson motorcycle enthusiast and enjoyed NHRA Drag Racing. In addition to his parents, he is survived by his beloved family, including his son and daughter, Anthony Michael and Nicolette Angela Staropoli; his wife, Marcella "Marcy" Kobetich Staropoli; twin sisters, Natalie Staropoli, of Georgia, and Nannette Staropoli, of Pittsburgh; one stepsister, Lori Oliver, of Ohio; two brothers-in-law, Michael (Roxana) Kobetich and Carl (Judy) Kobetich; three aunts, Rosemary Connor, of Colorado, Paulette (Gerald) Rote, of New Jersey, and Sue Jeney, of Belle Vernon; and his nieces and nephew, Fallon Staropoli, and Candace, Christin and Jason Kobetich. He was preceded in death by one uncle, Marty Jeney. Friends will be received in the JAMES C. STUMP FUNERAL HOME INC., 580 Circle Drive, Belle Vernon/Rostraver Township (724-929-7934), www.jamesstumpfuneral-home.com, on Friday from 2 to 9 p.m. and Saturday, Feb. 2, from 8:30 to 9:30 a.m. A Mass of Christian Burial at will be celebrated Saturday at 10 a.m. in the Church of St. Anne with his pastor, the Rev. Ronald L. Simboli, presiding. Immediately following, family and friends will be received at the Church of St. Anne Social Hall.

Family and friends are invited to sign the online guest book at www.valleyindependent.com.

Julia E. Suchy
Formerly of Monessen

Julia E. Suchy, 79, formerly of Monessen, died Thursday, Jan. 3, 2008, in Excela Health-Westmoreland Regional Hospital, Greensburg. Born in Tidioute on May 28, 1928, she was the daughter of the late Michael and Mary Casklas Suchy. She was Catholic by faith. In addition to her parents, she was preceded in death by three brothers, John, Albert and James Suchy; and three sisters, Mary Mitchell, Anne Virsack and Helen Razzano. Survivors include four nieces, Ruth Shaw, of Pittsburgh, Jan Virsack, of Stewartstown, Judi Winslow, of Beaufort, S.C., and Darla Kalvesmaki, of Monessen; and four nephews, Jim Suchy, of Monessen, Donald Suchy, of Haymarket, Va., Richard Suchy, of Port Orange, Fla., and Kenny Razzano, of Indiana. Family and friends are invited to attend a Funeral Mass on Saturday, Feb. 2, at noon in Epiphany of Our Lord Roman Catholic Church, followed by interment in Holy Name Cemetery. The ROBERT A. BILLICK FUNERAL HOME INC., Grand Boulevard and Marion Avenue, Monessen (724-684-3700), has been entrusted with the arrangements.

Family and friends are invited to sign the online guest book at www.valleyindependent.com.

Madeline Zdravecky
Roscoe

Madeline "Midge" Muzina Zdravecky, 58, of Roscoe, went to be with the Lord on Tuesday, Jan. 29, 2008, after a year-long illness. She was born Aug. 1, 1949, in North Charleroi, a daughter of the late Charles and Madeline Guffrey Muzina. She was a member of St. Joseph Roman Catholic Church in Roscoe and a 1967 graduate of California High School. Mrs. Zdravecky was a former employee of Toy City and IPSCO in Roscoe and Wal-Mart in Belle Vernon. Midge was an avid bingo player and enjoyed spending time and buying gifts for her husband and grandchildren. She also enjoyed her computer and her e-mail friends. Survivors include her husband, Ralph; three children, Marty Shemansky and wife, Sharon, Jody Lynn Shemansky, and Maria Wadsworth and husband, John, all of Roscoe; three grandchildren, MiKayla Madeline Shemansky, Maddilynn Marie Caldwell, and Miranda Nicole Wadsworth, and a fourth grandchild expected in February; one sister and brother-in-law, Kathy and Butch Gray, of North Charleroi; her mother-in-law, Gertrude Zdravecky, of Monessen; and many aunts, uncles, nephews, nieces, cousins and friends. In addition to her parents, she was preceded in death by two sisters, Maria Muzina Zahand and Charlene Muzina Hartley; and aunts and uncles. Friends will be received from 2 to 4 and 6 to 8 p.m. on Friday in the ED MELENYZER FUNERAL HOMES INC., Roscoe (724-938-9323), where a funeral service will be held Saturday, Feb. 2, at 10:30 a.m. with Fr. George Moneck of St. Joseph R.C. Church officiating. Interment will be in Mt. Calvary Cemetery, Coal Center. For those unable to attend, on-line condolences will be accepted at www.melenyzerfuneral-homes.com

Family and friends are invited to sign the online guest book at www.valleyindependent.com.

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In Memory of
Romaine (Judy) Scagline

A Birthday Tribute today, January 31st, 2008, in loving memory of our beloved wife, mother, grandmother & great-grandmother, Romaine (Judy) Scagline, who would have been 69 years old.
If only you could be with us on this your special day. We'd all be at home with you to celebrate your birthday.
But since God took you from us all, up to the Heavens so blue, we hope you hear all of us now singing "Happy Birthday" to you.

Sadly missed and loved by Husband, Children, Grandchildren & Great-Grandchildren.

In Memory Of
John (Jack) Gallagher

In loving memory of our beloved husband, father & grandfather, John (Jack) Gallagher, who passed away 1 year ago today, January 31, 2007.
Within our hearts we'll always keep a special place for you, and try to do our best to live as you would want us to. We loved you so, we miss you, in our memory you are near, loved, remembered and longed for, always treasured with love sincere.

Sadly missed & loved by Wife, Children & Grandchildren.

Special events set at St. Paul Baptist

The youth of the Fellowship Ministry of St. Paul Baptist Church, Donora, will sponsor the following two events this weekend:

On Friday, a Fun, Food and Fellowship Night will be held at 7 p.m. with a special movie and refreshments.

On Sunday, the ministry will give away new coats and hats to youth ages 5-18. The coats will be distributed during the morning services.

For transportation to either event, call (724) 328-7905.

Continental breakfast will be served 9 to 10 a.m. Sunday.

NEWS

TODAY IN HISTORY

Today is Thursday, Jan. 31, the 31st day of 2008. There are 335 days left in the year.

Today's Highlight

Fifty years ago, on Jan. 31, 1958, the United States entered the Space Age with its first successful launch of a satellite into orbit, Explorer I.

On this date:

■ In 1606, Guy Fawkes, convicted of treason for his part in the "Gunpowder Plot" against the English Parliament and King James I, was executed.

■ In 1797, composer Franz Schubert was born in Vienna, Austria.

■ In 1865, Gen. Robert E. Lee was named General-in-Chief of all the Confederate armies.

■ In 1917, during World War I, Germany served notice it was beginning a policy of unrestricted submarine warfare.

■ In 1934, President Franklin Roosevelt devalued the dollar in relation to gold.

■ In 1944, during World War II, U.S. forces began a successful invasion of Kwajalein Atoll and other parts of the Japanese-held Marshall Islands.

■ In 1945, Private Eddie Slovik, 24, became the first U.S. soldier since the Civil War to be executed for desertion as he was shot by an American firing squad in France.

■ In 1971, astronauts Alan Shepard Jr., Edgar Mitchell and Stuart Roosa blasted off aboard Apollo 14 on a mission to the moon.

■ In 2000, an Alaska Airlines jet plummeted into the Pacific Ocean, killing all 88 people aboard.

■ In 2006, Coretta Scott King, the widow of the Rev. Martin Luther King Jr., died in Rosarito Beach, Mexico, at age 78.

■ **Ten years ago**: Astronaut David Wolf returned to Earth aboard space shuttle Endeavour after four months on the Russian space station Mir.

■ **Five years ago**: President Bush and British Prime Minister Tony Blair met at the White House; Bush said he would welcome a second U.N. resolution on Iraq but only if it led to the prompt disarming of Saddam Hussein. Pushing for a new resolution, Blair called confronting Iraq "a test of the international community."

■ **One year ago**: President Bush, visiting Wall Street, delivered his "State of the Economy" speech in which he took aim at lavish salaries and bonuses for corporate executives. Delaware Sen. Joe Biden formally launched his bid for the Democratic presidential nomination. Nine blinking electronic devices planted around Boston threw a scare into the city in what turned out to be a marketing campaign for a late-night cable cartoon.

Associated Press

Democrat John Edwards, left, announced his withdrawal from the 2008 presidential race Wednesday in New Orleans, while Republican Rudy Giuliani, in Simi Valley, Calif., announced he also is leaving the race.

Edwards, Giuliani drop out of presidential race

Romney not ready to commit to big TV buys for Super Tuesday.

By DAVID ESPO
AP Special Correspondent

WASHINGTON — In a major boost for John McCain, Republican presidential rival Mitt Romney signaled Wednesday he's not ready to finance a costly campaign in the states holding primaries and caucuses next week.

McCain also lined up the endorsement of California Gov. Arnold Schwarzenegger on the day after a breakthrough triumph in the Florida primary, and pocketed the support of Rudy Giuliani, the former New York mayor who bowed out of the race.

Several officials said that on the heels of a defeat in Tuesday's Florida primary, Romney's campaign was not attempting to purchase television advertising time in any of the 21 states on the calendar for Feb. 5.

Instead, the former Massachusetts governor's current plans call for campaigning in California and other primary states, said the officials, who had knowledge of the internal discussions. There would be organizational efforts primarily for caucus states.

In contrast to the Republican race, which appeared to be steadily moving McCain's way, the Democratic contest was far from settled.

Former Sen. John Edwards dropped out, "so that history can blaze its path," he said.

That was a reference to the historic race unfolding between Hillary Rodham Clinton, the former first lady, and Barack Obama, the strongest black candidate in history.

Schwarzenegger's intentions were disclosed while McCain, Romney and their two remaining rivals debated across 90 occasionally contentious minutes at the Ronald Reagan Library in Simi Valley, Calif. It was their last encounter before next week's primaries and caucuses with 1,023 convention delegates at stake.

Officials said the governor intended to make a formal announcement Thursday after he and McCain tour a Los Angeles-based solar energy company.

After shying away from the front-runner's label, McCain sounded increasingly confident he was close to having the prize he has sought for nearly a decade.

"There will be a clear choice this November, and I believe that my life has prepared me ... to lead this nation in the transcendent challenge of the 21st century, the great threat of the evil of radical Islamic extremism, which threatens everything we stand for and believe in," he said, sounding like a general election candidate.

McCain gained a glowing endorsement from Giuliani, the Republican front-runner until the primaries and caucuses began four weeks ago. He called the Arizona senator "the most qualified candidate to be the next commander in chief of the United States. He's an American hero."

Officials familiar with Romney's plans cautioned they could yet change. They said that paradoxically, the Florida defeat had been followed with a particularly strong day of online fundraising. But they added that in discussions so far, the former Massachusetts governor had selected the least costly of a variety of options prepared for his review.

They commented on campaign strategy only on condition of anonymity.

One of Romney's greatest campaign strengths has been his deep pockets. A wealthy former businessman who has largely financed his own campaign, he has advertised extensively in the other primary states where he competed. His campaign spent about $3 million on television ads in Florida, where he finished second.

McCain's own television advertising plans were unclear.

Former Arkansas Gov. Mike Huckabee and Texas Rep. Ron Paul also remain in the Republican race, but the former is out of cash and the latter has proven to be a niche candidate whose greatest appeal is to the small percentage of GOP voters who oppose the Iraq War.

'PENNSYLVANIA CASH 5'

Two players hit 'Cash 5' jackpot

HARRISBURG, Pa. (AP) — Two players matched all five winning numbers drawn in Wednesday's "Pennsylvania Cash 5" game and will each receive $158,467.

Lottery officials said 213 players matched four numbers and won $286.50 each; 6,899 players matched three numbers and won $9.50 each; and 74,716 players matched two numbers and won $1 each.

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POLICE LOG

Donora

■ Police are investigating the theft of a Bobcat from a job site at Pittsburgh Plexicore in the MIDA industrial park. The machine, owned by Frank Lopez, of Belle Vernon, was last seen at 5 p.m. Sunday and was reported stolen 10:06 a.m. Tuesday. Anyone with any information is asked to call Donora police at (724) 379-9292.

Southwest Regional

■ Carl Smith, 21, of 802 Third St., Charleroi, was charged with harassment 9:16 p.m. Tuesday for allegedly making threatening phone calls to Matthew Salko, 21, of 404 Third St., Newell, police said.

■ Lloyd B. Wadsworth, 39, of 25 Barsalona Lane, Dunlevy, was charged with DUI as a result of a traffic stop 1:43 a.m. Tuesday in the 400 block of Main Street, Belle Vernon, police said.

■ William J. Gaidos Jr., 38, of 5 Latta Hollow, Roscoe, was charged with DUI 2:51 a.m. Sunday as a result of a traffic stop at Blind Lane and Arch Street in Belle Vernon, police said.

Charleroi

■ Marlita Addis, 45, of 139 Fox Stop Road, Fallowfield Township, was charged with DUI and fleeing and eluding police and disorderly conduct as well as several traffic violations 12:30 a.m. Tuesday, beginning in the 700 block of Fallowfield Avenue and ending at her residence, police reported.

Fallowfield

■ Eight teens were charged with trespassing at the former King of the Hill Restaurant 11:06 a.m. Friday.

David George Cook Jr., 18, of 312 McCormick Ave., Bentleyville, along with five 16-year-old Bentleyville males, one 17-year old Bentleyville male and one 17-year old Scenery Hill male were each charged with one count of trespassing, police reported.

Police said the teens were apparently using the site as a sort of haunted house setting for a video they were making.

■ Two adults were charged with fighting during the Charleroi-Bethlehem Center boys' basketball game Friday, police reported.

Marion M. Labrasca, 47, of Fredericktown, and Rick Sterlin Cole, 42, of 1001 Third St., Charleroi, were each cited with disorderly conduct 8:40 p.m. in the Charleroi Area High School gymnasium, police reported.

Monessen

■ Craig Carlson Jr., 26, of 241 Second St., Fayette City, was picked up on active warrants from Lawrence County 3 p.m. Tuesday on Donner Avenue and taken to the Westmoreland County Jail, police said.

■ Keith Jones, 38, of 417 Second St., Monessen, was charged with assault 1 a.m. Sunday as a result of a domestic dispute at his home, police said.

■ Isreal Diggs, 45, of 331 Valley Manor, Apt. 309, Monessen, was cited for harassment 12:05 a.m. Tuesday at Tenth Street and Knox Avenue, police said.

■ William Jackson, 28, of 1033 Highland Manor, Monessen, was charged with disorderly conduct 3:50 p.m. Monday as a result of an incident that took place at Ninth Street and Knox Avenue, police said.

Monongahela

■ Jeffrey Hunter Lilley, 26, of 926 Scenic Drive, Coal Center, was charged with simple assault and harassment 12:30 a.m. Sunday at a residence 703 Yohe St, Monongahela, police said.

Valley Independent LOTTERY RESULTS

PENNSYLVANIA DAILY NUMBERS — WEDNESDAY, JAN. 30

DAY PICK 3:	3-2-1
NIGHT PICK 3:	7-2-5
DAY PICK 4:	3-0-5-0
NIGHT PICK 4:	5-9-5-4
TREASURE HUNT:	2-9-25-29-30
CASH 5:	2-17-18-28-29
POWERBALL:	2-17-41-54-55
POWERBALL:	17 POWERPLAY: 2

OHIO DAILY NUMBERS — WEDNESDAY, JAN. 30

DAY PICK 3:	0-0-2
NIGHT PICK 3:	6-6-8
DAY PICK 4:	4-4-4-9
NIGHT PICK 4:	6-6-7-9
ROLLING CASH 5:	22-23-25-33-38
CLASSIC LOTTO:	17-20-26-30-34-47

WEST VIRGINIA DAILY NUMBERS — WEDNESDAY, JAN. 30

DAILY 3:	9-1-1
DAILY 4:	0-7-8-2
HOT LOTTO:	2-6-7-26-37 HB: 14

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OUR OPINION

U.N. rocked by another scandal

A FORMER RUSSIAN spy's allegations that the United Nations is an "international spy nest" and that Russia bilked $500 million from the world body's oil-for-food program have been resoundingly denounced by Moscow as "self-publicity based on treachery."

But that doesn't negate the sordid accounts of spy-turned-author Sergei Tretyakov, the former deputy head of intelligence at Russia's U.N. mission. His book, "Comrade J: The Untold Secrets of Russia's Master Spy in America after the End of the Cold War," is a "wake-up call" to Americans, he says.

Consider first the source.

Tretyakov — who defected to the United States as a double agent in 2000 — was, in fact, a Russian spy posing as a diplomat at the U.N. His mission was for information — anything anti-American — and spy recruitment, Tretyakov says.

Was the deceptive diplomat an anomaly in a world body that flagrantly fails to police itself?

Which brings us to the oil-for-food fiasco. Is it a stretch that Russia — which vehemently opposed the U.S. war in Iraq — benefited richly from Saddam Hussein's oil ruse? Those who colluded with Saddam siphoned $1.8 billion from the humanitarian aid program.

If Tretyakov's allegations are true, it will be up to other governments to prosecute, a U.N. spokesman says. How reassuring.

That the United Nations is a continuing liability to U.S. interests is clear. That the United States should leave the U.N. — and the U.N. leave the U.S. — should be crystal clear.

Do you agree? Do you disagree? The Valley Independent wants to hear from you. E-mail us at valleyletters@tribweb. com or write a letter to the editor. Include your phone number to allow for verification. Please limit letters to 350 words. We reserve the right to edit.

ANOTHER VIEW

Erie Times-News on Gov. Rendell's endorsement of Hillary Clinton:

Most Pennsylvanians probably weren't surprised when Gov. Ed Rendell endorsed Hillary Clinton for president. He has a long history with the Clintons. That Rendell decided to go with Clinton over Barack Obama, however, tells you he also believes she is going to capture the Democratic Party's presidential nomination. Rendell doesn't pick many losers.

Rendell was a close ally of President Clinton, and he has a working relationship with both Clintons. Bigger news would have been if Rendell had endorsed Obama.

Voters generally don't care much about political endorsements, especially from other politicians. But Rendell might have helped Clinton with his rationale for support. He said her health care and economic-development proposals dovetail with policies that he's pursued for Pennsylvania since 2003. "I think the best guarantee that we'll (accomplish those goals) is having Hillary Clinton elected as president," Rendell said.

But there could be other political reasons Rendell stepped into the process well before the April 22 Pennsylvania primary. As a former chairman of the Democratic National Committee, Rendell perhaps wants a hand in how the presidential campaign develops.

This doesn't mean Clinton will defeat Obama in April in Pennsylvania or carry Pennsylvania in November.

But considering that Bill Clinton, Al Gore and John Kerry all won Pennsylvania since 1992, Hillary Clinton probably wouldn't need Rendell's help in November.

She needs it now.

How to reach us

The Valley Independent welcomes the input of our readers. Letters, e-mails and faxes must be signed and should include an address and daytime telephone number so the content of the message can be verified. (Phone numbers will not be published.)

Send your comments:

— By mail to Your Opinion, *The Valley Independent*, Eastgate 19, Monessen, Pa. 15062.

— By e-mail to valleyletters@tribweb.com

— By fax to (724) 684-2603.

All messages are subject to editing for clarification, brevity and libel. Messages should be kept to 300 words. (No poetry, please.) While letters usually are published in order of submission, those concerning timely local issues are given priority.

Dems upset culture of life

Kathryn **LOPEZ**

There is nothing like the prospect of losing to focus one's mind. That might explain the dynamic at work in the East Room of the White House on the 35th anniversary of the Supreme Court decision that legalized abortion in the United States. After President Bush's brief remarks, the first response I heard from pro-life leaders and activists was, "Wow." And the second. And the third. The president was interrupted by applause so often he was barely able to deliver his remarks. And once it was over, he was so electrified by the crowd that he worked the room as if it were a political rally — something I've never seen at one of these quick, official, fairly routine events.

Across town an hour or so later, another pro-life gathering was being held at the Family Research Center. Here, Bush was being criticized for his lack of leadership — there is more he could be doing, more he could have done. Fair enough. Each of the leading presidential candidates was also criticized for having either that same lack of leadership or a hostility to the anti-legal abortion position.

In separate conversations about the state of the presidential race, multiple well-informed conservatives told me of their affinity for Barack Obama. He's a likable guy. He has a sense of humor. He has a beautiful family. They hate the dirty tactics of the Clinton campaign against him — using his middle name, Hussein, against him; whispering untrue rumors about his past; trying to hang him on confessions about his past.

All of this, understandably, makes Obama a rather sympathetic figure.

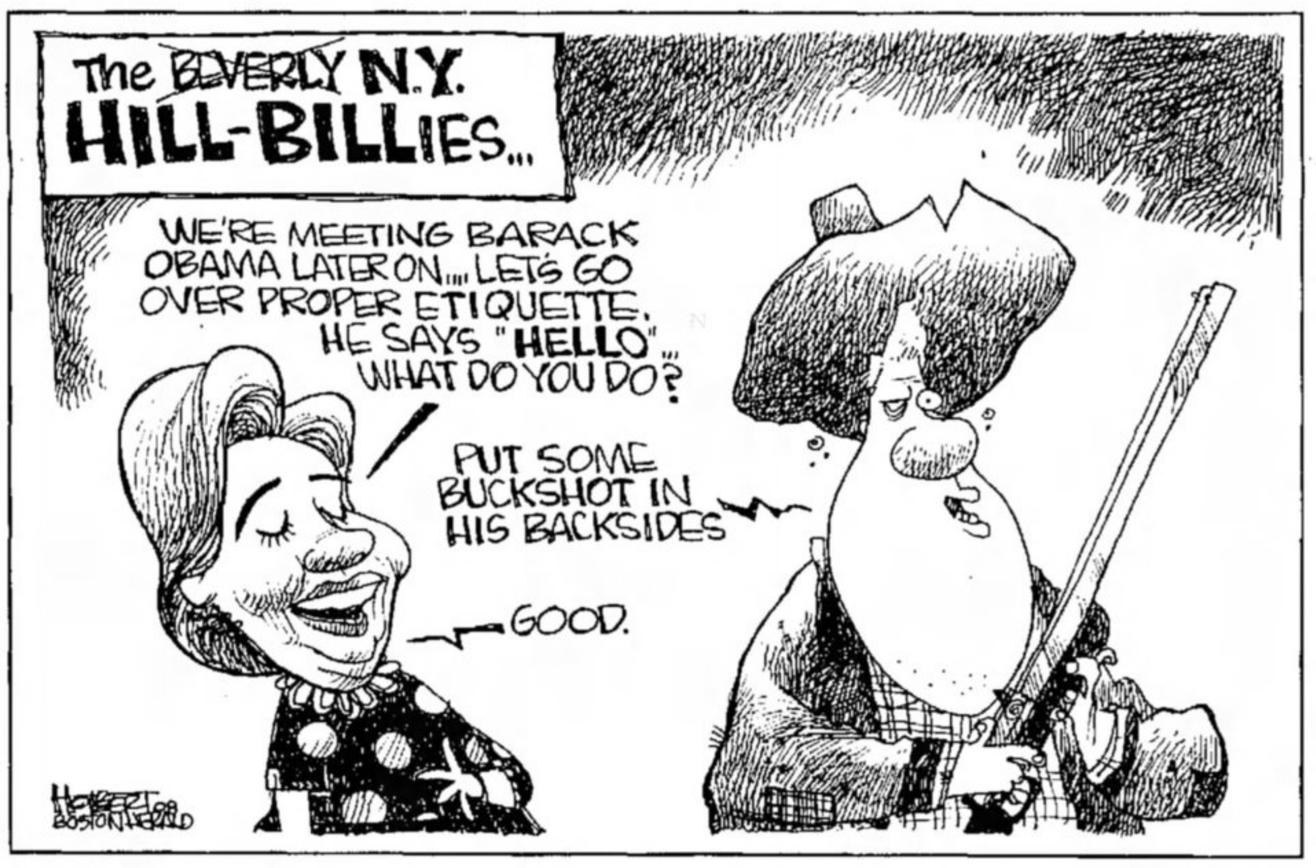
However, when pro-life conservatives flirt with a Democrat and beat up on Republicans — including a president who has promoted a culture of life — they ignore the stark political realities they face this cycle. I know I have also done my share of criticizing. There are some real concerns for a pro-lifer when looking at Rudy Giuliani, who is unapologetically pro-choice, or John McCain, who supports embryo-destroying stem-cell research. However, I also know what the alternative would mean.

While in the Illinois legislature, Obama voted "present" on a Born-Alive Infants Bill. What this means is that when he, as a state legislator, was presented with the reality that babies who had survived abortions were being left to die, he would not raise his hand to provide those children legal protection. His reason: He didn't want to cede ground to crazy pro-lifers. He warned: "Whenever we define a pre-viable fetus as a person that is protected by the Equal Protection Clause or the other elements in the Constitution, what we're really saying is, in fact, that they are persons that are entitled to the kinds of protections that would be provided to a — a child, a 9-month-old — child that was delivered to term. That determination then, essentially, if it was accepted by a court, would forbid abortions to take place."

This floors his opponent in the Democratic primary, Hillary Clinton. She is outraged, however, not in the way someone devoted to human rights and protecting the most vulnerable would be, but in the way a radical, pro-abortion feminist would be. How dare he not oppose the bill. "A woman's right to choose ... demands a leader who will stand up and protect it," one Clinton-mailing said.

The fact of the matter is, if you oppose abortion, you want a president who is committed to protecting the lives of the most vulnerable among us. You're free to complain that Mitt Romney was once on the other side even if he's since led on life issues and better articulated his reasons for why he opposes "Brave New World" projects, like Harvard's effort to clone, than most politicians are able to. You're free to complain that Bush should have done more, that the Bush administration didn't demonstrate as much proactive leadership as you'd like. But know that the White House will not be an incubator for a culture of life if Obama or Clinton becomes president. Remember that in the last Clinton administration, a ban on partial-birth abortion was vetoed three times. Know that even Rudy Giuliani says he will not overturn the Hyde Amendment, which forbids federal funding of abortion — that's something, compared to the Democratic alternative. Know that neither an Obama nor a Clinton administration will invite pro-life marchers to the White House on the 36th anniversary of the Roe v. Wade decision and declare, as President Bush did on the 35th: "We aspire to build a society where each one of us is welcomed in life and protected in law. We haven't arrived, but we are making progress." To the country, at a time when public opinion is turning as Romney did, there are clear choices. A President Clinton or Obama would be a big baby step backward.

Kathryn Lopez is the editor of National Review Online (www.nationalreview.com). She can be contacted at klopez@nationalreview.com.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Obama works the refs

Gene **LYONS**

Some time back, this column opined that many Democrats feared that nominating Sen. Hillary Clinton for the presidency risked setting off a national psychodrama that could cost their party the election. Both as a woman and a Clinton, Hillary's hated on the right with near-psychotic intensity. That said, it's clear the 2008 general election campaign will be brutal regardless of whether Democratic primary voters choose her or Sen. Barack Obama.

The way things shape up, Republicans will have almost no choice but to vilify the Democratic nominee. With the wreckage of the Bush administration at its collective feet, the GOP has no candidate acceptable to all of its factions. Talk-radio blowhards Rush Limbaugh and Sean Hannity, for example, spent the week prior to the South Carolina primary warning that nominating either Sen. John McCain or former Gov. Mike Huckabee would destroy the party.

McCain and Huckabee finished one and two, respectively — although it's worth noticing that McCain took 33 percent of the vote, versus 42 percent when he lost South Carolina to George W. Bush in 2000. Had Huckabee and Grampa Fred Thompson not split the Grand Ole Opry vote, McCain might have come in second. Overall, he received approximately 80,000 fewer votes than eight years ago. That's a bad omen for November.

That's why Clinton and Obama were so wise to walk back the burgeoning racial controversy that threatened to divide Democrats just prior to the Nevada caucuses.

It's mystifying that Obama let the controversy go as far as it did. Bad-faith allegations of racism such as were made against Clinton for mentioning President Lyndon Johnson's role in helping bring King's dreams to fruition only damage Democrats generally.

The last thing Obama's campaign needed was to make him a "black" candidate in the ethnic or sectarian sense.

But that doesn't mean sharp arguments are out of bounds. Which brings us to the latest Obama-Clinton controversy regarding how Democrats should talk about President Ronald Reagan, himself a veritable saint to Republicans. OK, that's an exaggeration. Today's GOP candidates invoke Reagan mainly to avoid saying "George W. Bush."

Obama started it by comparing Bill Clinton unfavorably to Reagan. "I think Ronald Reagan changed the trajectory of America in a way that Richard Nixon did not and in a way that Bill Clinton did not," he said in Nevada. "He put us on a fundamentally different path because the country was ready for it. I think they felt like with all the excesses of the 1960s and 1970s and government had grown and grown but there wasn't much sense of accountability in terms of how it was operating. I think people, he just tapped into what people were already feeling, which was we want clarity we want optimism, we want a return to that sense of dynamism and entrepreneurship that had been missing."

Now, if the Clinton campaign wanted to get nasty, it might have wondered aloud which Ronald Reagan Obama admired: The one who opened his 1980 election campaign in Philadelphia, Miss. — the scene of infamous civil rights murders during the 1960s — talking about "states rights?" The one who talked about "welfare queens" in Cadillacs? Or the Reagan who sold guided missiles to Iran?

Instead, Bill Clinton forcefully defended his administration's economic record against both Reagan and George W. Bush — pointing out that Reaganism started working Americans on the downward-running escalator that George W. Bush's policies have only speeded up. It's starting to look like a pattern. Obama says something deliberately provocative, then complains about being misrepresented or double-teamed.

In basketball, to continue a metaphor Obama, an enthusiastic pick-up player, would certainly recognize, it's called "working the refs."

Players do it when they're losing.

ENTERTAINMENT BRIEFS

Black History Month exhibit set

The Senator John Heinz Regional History Center will celebrate local African Americans and their contributions to business, sports, art and culture throughout the past 250 years as part of Black History Month.

The museum's African American collection includes cultural artifacts, manuscripts and information about local African American organizations, businesses and institutions.

Recent additions include the handwritten documents of more than 50 African American slaves from Allegheny County that help to shed new light on the African American experience in the early 1800s.

Exhibits will focus on The Underground Railroad and its history in Western Pennsylvania, the roles African Americans played in professional sports and a collection of artifacts from local African Americans, including photographer Charles "Teenie" Harris, State House Speaker K. Leroy Irvis, and local jazz legends, including Delsey McKay, George Benson and Stanley Turrentine.

A 20-foot long 1941 Cadillac funeral hearse from the historic Gaines Funeral Home in Larimer will be in display.

The History Center will begin its Black History Month celebration Saturday with the "Gathering of Eagles," honoring the Tuskegee Airmen, a military group of black fighter pilots.

Nearly 60 men from Southwestern Pennsylvania were members of the black military airmen group.

The History Center and Sports Museum are located at 1212 Smallman St. in the Pittsburgh's Strip District.

They are open daily from 10 a.m. to 5 p.m.

Admission is $9 for adults, $7 for seniors, $5 for students with identification, $5 for children ages 6-18, and free to members and children under 6.

For more information, call (412) 454-6000 or go online to www.pghhistory.org.

Frick marking Valentine's Day

The Frick Art & Historical Center is celebrating Valentine's Day throughout February with a full schedule of special offerings.

The "Victorian Courtship Tour of Clayton" will focus on 19th Century courtship customs and the celebration of Valentine's Day. The Frick will offer special tours of Clayton that feature Victorian Valentine parlor games, touchable objects, and discussions about courting, chaperones and the etiquette of the time.

General admission is $12 and is $10 for seniors, students and members of the military.

Throughout February, an installation in the Frick Art Museum will include artifacts and items from the collection that demonstrate themes of courtship and love.

On Feb. 9, from girls ages 7-12 and their mothers, grandmothers or special grown-ups are invited to celebrate Valentine's Day at Clayton from 1 to 4 p.m.

Visitors will find information about Valentine traditions in America and be able to make a unique Valentine keepsake box to take home.

A special tour of Clayton will be followed by art activity, tea and dessert in Lexington Education Center. The cost is $20 for members and $25 for non-members and guests. Advance registration is required.

Beth Braughler, assistant curator of education, will have a special morning slide presentation and discussion about old fashioned symbols of refinement and dining etiquette from 10 to 11 a.m. Feb. 13 at the Lexington Education Center.

Admission is $8 for members and students and $10 non-members and guests.

Registration is required.

On Feb. 29, the Frick will have extended hours.

The site will be open, including The Cafe, until 8 p.m., with the last Clayton tour leaving at 7 p.m. and dinner seating at 5 and 7:15 p.m.

Reservations are required.

Those born on Feb. 29 will receive free admission to Clayton all day after providing identification.

For more information on these events, or to make reservations, call (412) 371-0600 or go online to www.frickart.org.

Calendar

Friday

D.J. Steve, 10 p.m. to close, Monessen Hilltop Firemen's Club. Members and their guests are welcome. (724) 684-9990.

Saturday

D.J. Stan the Man, 10 p.m. to close, Monessen Hilltop Firemen's Club. Members and their guests are welcome. (724) 684-9990.

This photo released by ABC shows a scene from the season premiere episode of "Lost" with Matthew Fox, left, and Evangeline Lilly, titled "The Beginning of the End." Feeling that their rescue is close at hand, the survivors don't know whether to believe Charlie's final message that the people claiming to liberate them are not who they seem to be.

Associated Press

'Lost' ready to rescue TV

Popular ABC drama returns tonight to give viewers hope in midst of writers' strike.

By FRAZIER MOORE
AP Television Writer

NEW YORK — Are the island castaways of "Lost" mere hours from rescue? Or will their latest chance at freedom turn to dust, like all the others?

That's a no-brainer. The title of the ABC series isn't "Found." And as the long-awaited new season of "Lost" begins tonight, the first episode strongly suggests the castaways are about to lose again.

They're awaiting help from a rescue party from a freighter anchored offshore. But as they wait, the chilling likelihood takes hold that their potential saviors could instead spell their doom.

There are no shockers in the episode, the first of eight in the series' truncated fourth season. But this is a gripping hour involving all the principal characters that sets the stage for the season ahead. And after eight long months' absence, it's a welcome sight. (Relax: No spoilers ahead.)

From last season's finale, we already know that rock star Charlie (played by Dominic Monaghan) made a perilous quest to disable a jamming device that had prevented the group from summoning help from a just-acquired satellite telephone. He died carrying out his mission, but not before relaying a warning to his comrades to beware of the so-called freighter people.

The next step in the rescue plan was for the group to make a trek to the radio tower and shut off a tape-loop rescue plea that also was interfering with any other transmissions.

There Ben (Michael Emerson), the less-than-trustworthy overlord of the Others, implored Jack (Matthew Fox), the survivors' reluctant leader, not to place the call to the freighter people.

Jack sneered at Ben's words. The call was made, and the new episode begins, much as last season's finale did, with Jack somewhere in the future — drinking.

With this recently added flash-forward storytelling feature, Jack is seen in his Los Angeles kitchen mixing a morning cocktail when his eye falls on TV coverage of police in hot pursuit of a speeding motorist.

The car crashes and the driver is arrested. Jack realizes it's one of his fellow former castaways, who is haunted by the past and sees visions of the dead. Jack, who himself is plagued by substance abuse, unrequited love for Kate (Evangeline Lily), and other demons, pays this person a visit. There is mention of a dreaded secret they share.

In a scene back on the island (and back in time), the portly Hurley (Jorge Garcia) runs into Locke (Terry O'Quinn), who long ago had "gone native" and has no desire to ever leave the island.

"It's gonna be hard to talk (Jack) into thinking they're not coming here to rescue us," says Hurley, who, with Locke, shares Ben's alarm for what the freighter people might do.

"We're just gonna have to try our best," says Locke, "because if we can't talk him out of it, then Charlie died for nothing."

By the end of the hour, the castaways are split into two factions — those aligned with Ben and Locke who believe the freighter people represent a mortal threat and Jack's group, still holding out hope for rescue, even as they start to fear the worst.

Today's new episode will be preceded at 8 p.m. by "'Lost': Past, Present & Future," a recap hour of the saga of the Oceanic flight 815 crash.

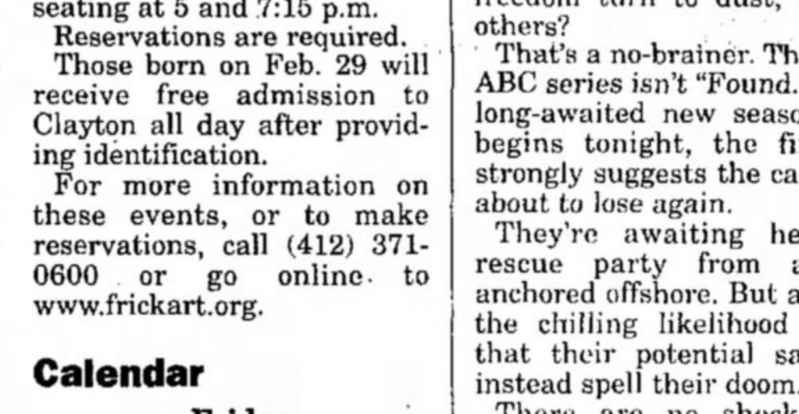
In short, "Lost" fans should be rejoicing. And even with just eight episodes currently on tap thanks to the writers strike, ABC has promised another 40 will eventually follow, leading up to the series' finale

Police escort Spears to hospital

Pop star reportedly placed on "mental evaluation hold."

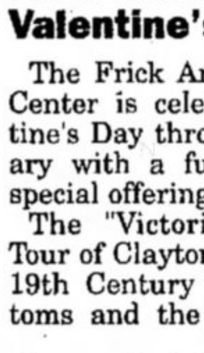
By KEITH ST. CLAIR
Associated Press Writer

LOS ANGELES — Britney Spears was taken from her home by ambulance early this morning and escorted to a hospital by more than a dozen police officers.



Associated Press

Security guards stand outside of the ambulance entrance to the UCLA Medical Center emergency room in Los Angeles today.



Spears

A Los Angeles police officer, who spoke on condition of anonymity because he was not authorized to speak on the matter, said the 26-year-old pop star was being taken to "get help" but did not give the ambulance's destination.

The Los Angeles Times, citing unidentified authorities, said Spears was taken to UCLA Medical Center to be placed on a "mental evaluation hold." Center spokesman Mark Wheeler declined to comment to The Associated Press, citing privacy laws.

Spears' police escort included motorcycles, two cruisers, and two helicopters.

On Jan. 3, police were called to her home when she refused to return her two young sons, Sean Preston, 2, and Jayden James, 1, to ex-husband Kevin Federline, who has custody.

Officers had paramedics haul Spears to a hospital for undisclosed reasons. She was released after a day and a half in Cedars-Sinai Medical Center.

Police also went to the home Monday night after someone reported a swarm of paparazzi trespassing in the singer's gated community. When officers arrived, they didn't see anyone trespassing, police said, but citations were issued for several illegally parked cars.

Spears has been in a highly public downward spiral since filing for divorce from Federline in November 2006.

Her bizarre antics include shaving her head bald, attacking a car with an umbrella and bringing along a paparazzo pal on trips to a courthouse in her child custody case.

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February is certainly a magical month– spring is on the way and love is in the air, which means a gift of dazzling profits for your business. But there's more to this month than Valentine's Day, and our timely features tap into a number of ways to connect with more potential customers.
Here are some of February's other highlights:
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Mon Valley Regional Chamber Tab
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Monessen Chamber Tab
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Charges have been filed against Mount Airy Casino Resort owner Louis DeNaples. **7B**

Giants coach a changed man

A kinder and gentler Tom Coughlin is leaving his reputation behind. **2B**

Still a Pirate

Veteran pitcher Matt Morris is surprised to still be on the Pittsburgh roster as spring training nears. **2B**

Sports Trivia

Joe Montana holds the Super Bowl record with 83 career pass completions. Who are second and third with 81 and 76, respectively? **2B**

Last night's scores

Minnesota 5, Anaheim 1
Atlanta 4, Pittsburgh 1
Detroit 3, Phoenix 2
Buffalo 1, Florida 0
Colorado 6, Chicago 3
Calgary 5, San Jose 4

Brian **HERMAN**

Luckhardt not happy with PSAC title return

The Pennsylvania State Athletic Conference will be bringing back its championship football game in 2008 for the first time in 20 years.

At least one of its most successful coaches isn't happy with the news.

"I'm a little ambivalent," said California University's John Luckhardt, whose Vulcans were a win away from playing in the 2007 NCAA Division 2 title contest.

It's understandable.

Coming off a 13-1 showing with the lone loss to eventual champion Valdosta State, 28-24, in the national semifinals, the Vulcans' first two games in 2008 are against West Chester and Bloomsburg.

"I think we're playing the two best teams from the East in the regular season and we could be meeting again if we win the West," he said.

Luckhardt feels a defeat in the title contest could eliminate the PSAC from having a possible second team in the NCAA playoffs.

Last year the PSAC had three teams in the NCAA playoff field of 24 with California joined by Indiana and West Chester.

With the PSAC expanding with the addition of Gannon University, Mecyhurst College and C.W. Post Long Island University, the league is up to 16 teams — eight in the West and eight in the East.

Gannon and Mecyhurst, which are both in Erie, were placed in the West with California, Clarion, Edinboro, Indiana, Lock Haven and Slippery Rock.

Shippensburg was moved to the East, joining West Chester, Bloomsburg, Cheyney, East Stroudsburg, Millersville and Kutztown.

The West winner will host the 2008 PSAC championship game, with the East getting the 2009 title contest.

Cal will open the 2008 season at Adamson Stadium on the last week in August against West Chester with the contest being televised by Fox Sports. The date will be Monday or Wednesday, depending on the Pirates' schedule.

The Vulcans' other home games will be with Lake Erie College (Sep. 13), Indiana (Sept. 27), Lock Haven (Oct.11), Slippery Rock (Oct. 25) and Shippensburg (Nov. 8).

Cal's road schedule includes Bloomsburg (Sept. 6), Edinboro (Sept. 13), Clarion (Oct. 4), Gannon (Oct. 18) and Mercyhurst (Nov. 8).

The opener with West Chester was moved up from Sept. 13 so the Golden Rams could play their annual game with the University of Delaware. West Chester is Delaware's oldest rival, dating back to 1941.

"West Chester paid us to move the game and it also gives us a six-game home schedule," noted Luckhardt.

The PSAC championship game, known as the "State Game", was stopped following the 1987 campaign in an effort to qualify more teams for NCAA postseason play.

California played in two of the 28 "State Games," tying East Stroudsburg, 28-28, in 1968 and beating Bloomsburg, 21-14, in 1984.

Young, Biggs blitz 'Nova

Panthers use 22-3 rally in the second half to wrap up Big East victory.

PITTSBURGH (AP) — At the same point of the game in which Pitt uncharacteristically fell apart in a rare home-court defeat four days before, the Panthers showed why they've stayed nationally ranked despite being without two key starters.

Sam Young and Tyrell Biggs led a game-changing, second-half rally in which Pittsburgh turned a one-point deficit into an 18-point lead and the No. 18 Panthers bounced back to beat Villanova 69-57 on Wednesday night.

Young scored 15 points and finished off the pivotal 22-3 run that began with 13 minutes remaining by blocking Corey Stokes' outside jumper, grabbing the ball and scoring on a breakaway dunk while being fouled. Young completed the three-point play to make it 59-41, then celebrated by puffing out his chest and pointing at himself as if to say, "Hey, did you see that?"

Young, who is averaging 18 points but was held to 11 by Rutgers, felt it was a play worthy of some showing off.

"The block and the three-point play summed it up," Young said. "I felt I was real energetic after that. With that block, I felt like I was coming out of my slump."

Scottie Reynolds scored 26 points, but Villanova (13-6, 3-5 Big East) — ranked 19th when it beat Pitt 64-63 at home on Jan. 6 — lost its third in a row. The streak is the Wildcats' longest since they dropped five straight late in the 2003-04 season. They have lost four of six overall.

Pitt (17-4, 5-3) was coming off a 77-64 defeat to Rutgers on Saturday in which it was outscored by 20 in the second half. They led by nine with 13 minutes to play in that one, only to fall apart in their ninth loss in 101 games at the Petersen Events Center.

"They were a hungry team tonight," Villanova coach Jay Wright said. "Any time we made a run, they had an answer and those guys hit some big shots."

The Panthers have lost consecutive home games at the Petersen Center only twice, the

(See PITT, Page 3B)

Associated Press

Pitt's DeJuan Blair, left, and Villanova's Casiem Drummond battle for a rebound in the first half of Wednesday's game.

Penguins thrashed in Atlanta

Knee injury to Ilya Kovalchuk overshadows 4-1 victory.

By CHARLES ODUM
AP Sports Writer

ATLANTA — The Atlanta Thrashers had to wait to find out how costly their slump-ending victory over Pittsburgh would prove to be.

The Thrashers lost star Ilya Kovalchuk to a knee injury while ending a five-game losing streak in Wednesday night's 4-1 victory over the Penguins. How badly hurt Atlanta's leading scorer was couldn't immediately be determined.

In his first game since Sunday's All-Star game, also at Philips Arena, Kovalchuk scored his 38th goal but was injured in a knee-on-knee hit from Pittsburgh's Jarkko Ruutu in the second period.

Kovalchuk made a brief return later in the frame for one shift. He missed the third period and will be examined by team doctors on Thursday.

"You can't keep him off the ice," Thrashers general manager and coach Don Waddell said. "He was determined to come out and at least test it.

"These kind of injuries, you always wait until the next day and see how the swelling is and just see how he reacts from it."

Kovalchuk was leveled by Ruutu 3:21 into the second period. The collision left Kovalchuk laying on the ice in obvious pain in front of Atlanta's bench before he limped to the locker room.

Atlanta's Steve McCarthy immediately followed the collision by crashing into Ruutu and then punching the left winger while having him pinned against the boards in front of the Thrashers bench.

McCarthy earned a minor penalty for instigating, a major for fighting and a misconduct. Ruutu drew a pair of majors for kneeing and fighting, and was ejected.

Ruutu defended the hit as an intended routine check.

"I meant to finish my check," Ruutu said. "He ducked away and I barely hit him. I didn't change direction. I just went for a hit.

"I got five minutes for fighting and I didn't even throw a punch. I had my gloves on the whole time."

McCarthy said Ruutu was "a good teammate" when the two played together in Vancouver, but he said Ruutu had to answer for the hit on Kovalchuk's knee.

Associated Press

Jarkko Ruutu, left, is led off the ice in the second period of Wednesday's game. Ruutu received penalties for kneeing, fighting and a game misconduct.

"When he takes a liberty like that, it's unacceptable," McCarthy said. "He plays his game well, but when he takes advantage of one of our best players, that's unacceptable."

When asked if he was concerned about a possible suspension, Ruutu said "There's no reason to be suspended for that hit."

Waddell praised McCarthy for defending Kovalchuk.

"Absolutely. I congratulated him after the game because I think our team arose from that," Waddell said. "When one of your best players gets hit like that, and then your player jumps in like that, that's a penalty we will kill all the time.

"To stick up for your teammates, I'll never have a problem with those kind of penalties."

Kovalchuk made only a brief return. He took the ice for a shift with about 5 minutes left and appeared to favor the knee. He headed straight to the locker room after he left the ice.

The Penguins fell to 2-2-1 since losing captain Sidney Crosby to a high ankle sprain.

Kari Lehtonen stopped 29 shots, losing his shutout bid when Ryan Whitney scored for Pittsburgh with 8:42 left.

(See PENGUINS, Page 3B)

Top-ranked Cal women blast Slippery Rock

Hours after topping the first East Region poll, the California University women's basketball team showed why Wednesday.

The Vulcans upped their winning streak to 14 with an 83-57 romp at Slippery Rock.

The win, combined with Indiana's 88-75 loss at Shippensburg, put Cal (17-2, 4-0) all alone in first place in the PSACWest.

Sophomore Brooque Williams and freshman Kayla Smith both had double-doubles for Cal.

Williams and Smith both scored 19 points to take game honors, with Williams grabbing 13 rebounds and Smith 10.

Also hitting double figures for Cal were Lindsay Johnson (13), reserve Shaquetta Mance (12) and Crystal Andrews (10).

California, which is averaging 80 points a game, has had at least three players in double figures every game.

Kelly Ann Staudinger topped the Rock (7-12, 1-3) with 17 points.

The Vulcans host Indiana Saturday at 5 p.m.

Mbaye scores 29 in 77-64 victory

Mbaye

California University senior Ali Mbaye isn't known as a prolific scorer.

Don't tell Slippery Rock's basketball team.

Mbaye poured in a career-high 29 points to lead the Vulcans to a 77-64 win at the Rock to keep California unbeaten in the PSAC West.

The victory was the fourth straight for California (13-4, 4-0), with the last three on the road.

The Vulcans never trailed after stretching an 8-4 lead to 20-4 and had a 28-19 advantage at halftime.

California led by as many as 19 points in the second half.

Mbaye, who was 10 of 15 from the floor and nine of 10 at the foul line, also had a team-high 10 rebounds.

Ron Banks and Julian Logan both followed with 12 points.

The Vulcans shot 57 percent from the floor in the second half, making 15 of 26 field goals.

High for the Rock (3-15, 1-3) were Darnell Johnson and Joseph Vines with 20 and 14 points, respectively.

Vines topped all rebounders with 11.

California resumes Saturday at Hamer Hall against Indiana at 7 p.m.

SPORTS

Coughlin has mellowed with age

Giants' coach not the stern taskmaster he used to be.

By EDDIE PELLS
AP National Writer

PHOENIX — Tom Coughlin was never one to sit in the stands at the Super Bowl, the way some coaches do. If there's no one to coach, to harangue, to lead, what's the point?

The last time he subjected himself to that was 13 years ago. He had recently been hired by the expansion Jacksonville Jaguars. He was still working out of a doublewide trailer in the parking lot and assembling his roster.

Coughlin sat next to Bart Starr that Super Bowl Sunday. He said it was "an honor" and "interesting." It was also something he never wanted to do again.

"The goal, always the goal, was that the next time I went back to a Super Bowl, it would be with my team," Coughlin, now the coach of the New York Giants, said in an interview with The Associated Press.

The 61-year-old coach has been painted this week as a changed

Tom Coughlin

leader as he approaches a game against undefeated New England in his first Super Bowl as a head coach.

He's the "kinder, gentler" Tom, the once-unbending taskmaster who knew he had to change or else.

He sort of laughs at that notion, insists he doesn't know what "kinder and gentler" is supposed to mean. That he's gone soft? That he doesn't believe in structure and rules? That he's thrown away everything that's worked for him over a 38-year coaching career that has been, by every measure except maybe the one that counts the most, a success?

But something did change.

"He is smiling," Michael Strahan said. "He uses the word 'fun' and 'enjoy' and it blows my mind. When he first came here, I said to myself, 'I have to be here this year, but after this, I can't play for this man. He's crazy' He has come around."

He created the players leadership council this year to give his players a voice, and some naturally viewed it as little more than a ploy for Coughlin to hang onto his job. It almost certainly wouldn't have worked had his team finished 8-8 again, or been bounced from the playoffs in the first round — or both, as happened last season.

Instead, New York made it to the Super Bowl, in large part because of a new sense of unity and "team," as Coughlin calls it, that the leadership council instilled. So now, with perceptions being what they are in the NFL, Coughlin is a genius and his leadership council is all the rage.

"His personality has always been. 'It's my way. That's the way I was brought up, the way I was taught,'" said Coughlin's wife, Judy. "But he's always been open to change and listening. He just doesn't always take your advice."

It wasn't so much his message that changed with this so-called epiphany, only the way it's delivered.

Coughlin said as things deteriorated during his first three seasons in New York, he found himself shocked at the way his prodding and coaxing, messages he viewed as straightforward and logical, could be interpreted 53 ways. One for every player in the locker room.

He realized something really did need to change.

"I wanted to let the players know that it wasn't about me," he said. "I don't have this huge ego. I feel strongly enough in my beliefs and principles that I had no problem sitting down with a group of guys who also have the No. 1 interest in mind. Which is winning."

And so, instead of Strahan being a divider in the locker room, he's now the No. 1 uniter. Instead of second-guessing their coach, they circled around him after the 0-2 start. Tiki Barber, who caused more dissension than anyone in the locker room last season, is gone. Now, instead of bickering and trying to force their coach's retirement, the Giants have delivered him to the Super Bowl.

He has reached the pinnacle of a career that began soon after he graduated from Syracuse, where he played alongside Larry Csonka and Floyd Little, and got his first head coaching job at Rochester Institute of Technology in 1970.

He studied the coaches he met along the way — most notably Mike Ornato at Greenwich High School and Bill Carey, "a basketball and baseball guy," as Coughlin calls him, at RIT.

"You knew your best interests were always going to be served when it came to those guys," Coughlin said. "I liked watching what they did for a living and how they did it."

He poured everything into his chosen profession, so much so that when Judy went into labor with the first of their four children, Keli, Coughlin rushed to the delivery room only to find that he was at the wrong hospital.

'Old man' Morris still with Bucs

Pitcher has been in baseball much longer than rotation mates.

PITTSBURGH (AP) — Something just doesn't seem right about the Pittsburgh Pirates' rotation.

Ian Snell, age 26, 24 career victories. Paul Maholm, age 25, 21 career wins. Zach Duke, age 24, 21 career wins. Tom Gorzelanny, age 25, 16 career wins. Matt Morris, age 33, 121 career wins.

So how did Matt Morris land in a rotation in which he is at least 7 years older than every other starter? One in which he makes about 20 times more than any of the other four? A rotation in which only one pitcher, Snell, has more career wins than Morris had by himself (22) for St. Louis in 2001?

"My piece didn't seem like it fit here, but actually it does," said Morris, who heads off to spring training in two weeks as the unofficial leader of the rotation and the untitled assistant pitching coach. "It does more than the previous team I was on."

Morris, who has 39 more major league wins than the other four Pirates starters combined, wound up with Pittsburgh in one of the most unexpected deals made at the July 31 trade deadline.

Normally, an experienced, big-ticket pitcher such as Morris is dealt from a noncontender like the Giants to a team that is close to first place.

Instead, Morris went from one last-place team to another, and without San Francisco picking up any of his $9.5 million salary for 2008.

Pirates general manager Dave Littlefield rationalized that adding an experienced and reliable starter would be a move applauded by Pirates fans during the offseason. So why not make it during the season?

Instead, the transaction was viewed curiously in Pittsburgh, where the Pirates have one of the majors' four lowest payrolls. Taking on Morris' salary seemed to be an odd decision for a franchise that has fled from such big numbers in the past.

Barely a month later, coincidence or not, Littlefield was fired.

Morris' take on the trade: It actually makes more sense for him to be in Pittsburgh, where the rotation is relatively young, than in San Francisco, where the team was much older.

"Usually, you can find one or two (younger) guys on a staff like this, but there's maybe six guys here," Morris said. "There's a lot of talent here, a lot of quality players. They just need some seasoning and I think my role, besides competing and showing them what I do between the lines, it's about (displaying) heart and desire."

The Pirates ended last season 68-94, yet Morris noticed something many players wouldn't pay attention to: The Pirates got their uniforms dirtier than the Giants did, and did so almost daily.

"Guys were diving and laying out and just trying to compete," he said.

That made an impression with Morris. So did the young pitchers' constant questions to him: How did he set up batters? How did he spot weaknesses? How did he sequence his pitches?

"For some reason they listened to me — we'll see how long that lasts — but it's been fun," Morris said. "They've been real receptive."

With Morris making

Matt Morris

nearly one-fifth of the their projected payroll of $51 million, the Pirates are hoping he will give them a lot of solid starts that will set a tone for the younger starters. He was 3-4 with a 6.10 ERA in 11 Pirates starts last season and 10-11 overall.

If he's having a good year, Pittsburgh might even be able to move him to a contender, saving at least a portion of his salary while picking up a prospect. There is a $9 million club option for 2009, but it would be a shocker if the Pirates picked it up.

"I had no expectations," Morris said after new Pirates GM Neal Huntington tried but failed to trade him during the offseason. "I didn't know what was going to happen. But I'm here now and I'm going to enjoy it. I've really liked it here."

Walker leads Lady Panthers

VILLANOVA, Pa. (AP) — Marcedes Walker put on a show for her hometown crowd.

Walker dominated the inside and finished with a game-best 23 points and nine rebounds in her return to Philadelphia, leading the No. 14 Panthers to a 72-63 victory over Villanova on Wednesday night.

"It feels good to get this win in my hometown," said Walker, a standout at University City High.

Mallorie Winn chipped in with 18 points as Pitt withstood a tough second-half challenge and extended its winning streak to 11 games, the team's longest run since opening the 2006-07 season 12-0.

Xenia Stewart added 14 points, and Shavonte Zellous had 13 for the Panthers (17-3, 7-0 Big East) who prepped for Saturday's key conference matchup against No. 4 Rutgers with a win.

But Wednesday night the Panthers' focus was squarely on Villanova, which was coming off a tough loss to Rutgers. And it is no surprise that Walker was the catalyst.

"I talked to Marcedes for the last three days about coming home," said Pitt coach Agnus Berenato, who hails from nearby Gloucester City, N.J. "She was so happy to come home.

"She is a totally different person from when she left, and I think she is proud of who she is."

Laura Kurz led Villanova (12-9, 2-6) with 19 points. Tia Grant scored 15 and Stacie Witman finished

Associated Press

Pitt's Mercedes Walker, right, fights for a rebound with Villanova's Amanda Swiezynski.

with 10.

The Wildcats relied on their long-range shooting to stay within striking distance of the Panthers, but faded in the second half. Villanova shot 9-for-27 from 3-point range.

"We're much better than last year, but if you look at the wins and losses you wouldn't know it," Villanova coach Harry Perretta said.

Villanova, which has taken half its shots from beyond the arc and entered the game shooting 38 percent (201-for-528) from 3-point range, has lost four of its last five and six of eight.

"It's a tough way to live, but it is the only way for us to compete with these teams because, athletically, we have a tough time matching up," Perretta said of his team's dependence on the 3.

SPORTS DIGEST

Promotion for Sanft at Pitt

Monessen's Donna DeMarino Sanft has been promoted to executive associate athletic director at Pitt.

In her new capacity, Sanft will work directly with athletic director Steve Pederson on all administrative aspects of the department.

"I said at the time I returned that I was very fortunate to have someone with the talent of Donna Sanft at my side," Pederson said. "This promotion not only strengthens our department, but is representative of the respect that all of us have for Donna and her role in athletics at Pitt. I am excited to have her take on these additional responsibilities."

"I am incredibly excited about the future of Pitt athletics and feel fortunate to be a part of it," Sanft said."We are on the verge of greatness throughout our entire program. With Steve's leadership and the hard work and commitment of our staff, we are poised to provide championship opportunities for our student-athletes in their sports, academic pursuits and personal development. I am very grateful to Steve for his confidence in me and I will work tirelessly to contribute any way I can to continue the growth and success of our programs."

BVA cagers down Frazier, 77-64

The Belle Vernon Area High boys' basketball team opened the season with a 68-19 romp at home over Frazier.

Wednesday's non-section rematch in Perryopolis wasn't as easy for the Leps.

With Jacob Dudzinski pouring in 35 points, the Leps downed the Commodores, 77-64, for their seventh straight victory.

BVA (18-5) led 56-54 early in the fourth quarter before outscoring the Commodores, 21-10.

The Leps had a busy night at the foul line, making 37 of 44 including 19 of 23 in the final eight minutes.

Dudzinski made 20 of 22 free throws with John Naylor going eight-for-eight at the line.

Josh Pohlot and Cory Williams followed Dudzinski with 14 and 12 points, respectively.

High for Frazier (2-19), which has lost five in a row, were Craig Rebovich (15), Eric Rock (13), Dave Smith (12) and Frank Bartolomucci (10).

The Class AAA Section 5 champion Leps close league play Friday at home with Yough while Frazier finishes at Bentworth in Class A Section 3.

Monessen cagers beat Ringgold

Monessen's Junior High basketball team upped its record to 15-3 with a 59-39 win over Ringgold.

Cam Johnson (14), Jalin Madison (11) and Jeff Francia (10) combined for 35 points for the Little Greyhounds with Colin McCormick high for Ringgold with nine points.

Monessen visits Carmichaels Friday.

Donora baseball signups scheduled

The Donora Baseball Association will hold signups Friday (6 p.m. to 8 p.m.) and Saturday (10 a.m. to 1 p.m.) at the Donora Borough Building (Sixth Street side entrance).

A copy of the child's birth certificate is required at the registration ad th ages are 6 to 8 (Pinto), 9-10 (Mustang), 11-12 (Bronco), 13-14 (Pony) and 15-16 (Colt).

Monessen baseball signups Saturday

Monessen youth baseball signup for youngsters between the ages of 4 and 16 based on April 30, 2008, is scheduled Saturday from 11 a.m. to 3 p.m. at the Monessen Civic Center.

A birth certificate, insurance and registration fee is required.

Those wanting more information should contact Chad Feher at (724) 684-5566).

BVA cagers beat Laurel Highlands

Belle Vernon Area Middle School's basketball team beat Laurel Highlands, 39-18, behind Ian Dobbins' 10 points.

The Little Leps (16-3) go to Albert Gallatin North today.

Baseball, softball signups scheduled

The Belle Vernon Youth Baseball-Softball Association will hold sign-ups Saturday at 10 a.m. at the North Belle Vernon Borough Council meeting room (Speer Street) for Pony baseball and spring fast pitch softball.

Rostraver Township girls softball signups set

Registrations for Rostraver Township Girls' Slow Pitch Softball will be held the next two Saturdays from 10 a.m. to 2 p.m. at the Rostraver Municipal Building.

All girls in Rostraver Township between the ages of 5 and 18 are eligible to play,

The registration fee is $30 per child.

For more information call Bucky Walkush at (724) 929-2608.

Umpires upset over Klan probe

NEW YORK (AP) — Umpires are livid that Major League Baseball has sent investigators to their hometowns, asking neighbors a series of questions that include whether the ump belongs to the Ku Klux Klan.

Hirschbeck and union spokesman Lamell McMorris said Tom Christopher, the Milwaukee-based supervisor of security and investigations in the commissioner's office, had asked questions about Klan membership to neighbors of umpires Greg Gibson and Sam Holbrook, who reside in Kentucky.

In addition, Hirschbeck said similar questions had been asked to neighbors of umpire Ron Kulpa, who lives in suburban St. Louis.

Trivia answer

Jim Kelly and John Elway.

SPORTS

NHL standings

EASTERN CONFERENCE

Atlantic Division

	W	L	OT	Pts	GF	GA
Philadelphia	28	16	5	61	163	140
Pittsburgh	28	19	4	60	148	139
New Jersey	28	19	3	59	127	119
N.Y. Islanders	24	21	6	54	126	146
N.Y. Rangers	24	22	6	54	125	132

Northeast Division

	W	L	OT	Pts	GF	GA
Ottawa	32	15	4	68	179	147
Montreal	27	15	8	62	158	136
Boston	26	19	5	57	132	134
Buffalo	23	21	6	52	147	141
Toronto	20	24	8	48	144	167

Southeast Division

	W	L	OT	Pts	GF	GA
Carolina	25	24	4	54	161	171
Atlanta	24	25	4	52	145	176
Washington	23	23	5	51	147	160
Florida	22	25	5	49	130	148
Tampa Bay	20	26	5	45	147	172

WESTERN CONFERENCE

Central Division

	W	L	OT	Pts	GF	GA
Detroit	38	10	4	80	177	112
Columbus	25	21	6	56	130	130
Nashville	25	21	5	55	147	141
St. Louis	23	19	7	53	126	138
Chicago	23	24	4	50	142	149

Northwest Division

	W	L	OT	Pts	GF	GA
Minnesota	29	19	3	61	143	139
Calgary	26	17	8	60	151	147
Colorado	27	20	4	58	144	141
Vancouver	26	20	5	57	134	125
Edmonton	23	25	5	51	140	161

Pacific Division

	W	L	OT	Pts	GF	GA
Dallas	29	20	5	63	156	141
San Jose	28	16	7	63	136	124
Anaheim	27	21	6	60	136	142
Phoenix	27	22	2	56	141	139
Los Angeles	20	29	3	43	145	172

Two points for a win, one point for overtime loss or shootout loss.

Wednesday's Games

Minnesota 5, Anaheim 1
Atlanta 4, Pittsburgh 1
Detroit 3, Phoenix 2
Buffalo 1, Florida 0
Colorado 6, Chicago 3
Calgary 5, San Jose 4

Today's Games

Toronto at Carolina, 7 p.m.
Montreal at Washington, 7 p.m.
Los Angeles at N.Y. Islanders, 7 p.m.
N.Y. Rangers at Philadelphia, 7 p.m.
Boston at Ottawa, 7:30 p.m.
Vancouver at Tampa Bay, 7:30 p.m.
Columbus at Nashville, 8 p.m.

Penguins summary

Pittsburgh	0	0	1	— 1
Atlanta	2	0	2	— 4

First Period—1. Atlanta, Holik 9 (Thorburn, Boulton), 7:08. 2. Atlanta, Kovalchuk 38 (McCarthy, Hossa), 16:42 (pp). Penalties—Taffe, Pit, double minor (high-sticking), 13:16; Dupuis, Atl (tripping), 17:13.

Second Period—None. Penalties—Klee, Atl (interference), :59; Ruutu, Pit, double minor-game misconduct (kneeing, fighting), 3:21; McCarthy, Atl, minor-major-misconduct (instigator, fighting), 3:21; Holik, Atl (slashing), 6:41; Nasreddine, Pit (high-sticking), 10:19; Gonchar, Pit (hooking), 15:27.

Third Period—3, Atlanta, Perrin 9, 1:32 (sh). 4, Atlanta, Slater 1 (Recchi), 3:46. 5, Pittsburgh, Whitney 9 (Christensen, Talbot), 8:42. Penalties—Klee, Atl (hooking), :12; Orpik, Pit (slashing), 14:28.

Shots on Goal—Pittsburgh 9-10-11—30. Atlanta 7-10-10—27.

Power-play opportunities—Pittsburgh 0 of 4; Atlanta 1 of 5.

Goalies—Pittsburgh, Conklin 11-3-2 (20 shots-16 saves), Sabourin (3:46 third, 7-7). Atlanta, Lehtonen 10-12-2 (30-29).

A—14,070 (18,545). T—2:26.

Mid-Atlantic Hockey League

	W	L	T	Pts
Indiana	27	1	0	54
Wooster	14	11	2	30
Mon Valley	10	14	3	23
Jamestown	11	17	0	22
Valley Forge	7	19	2	16

Wednesday

Indiana 2, Wooster 1

Today

Wooster at Jamestown

Friday

Indiana at Jamestown

Saturday

Valley Forge at Wooster
Indiana at Mon Valley, 7:30 p.m.

Sports moves

BASEBALL

American League

KANSAS CITY ROYALS—Agreed to terms with 2B Esteban German on a one-year contract.

National League

LOS ANGELES DODGERS—Sold RHP D.J. Houlton to Fukuoka (Japanese Pacific League).

NEW YORK METS—Claimed RHP Ruddy Lugo off waivers from Oakland.

BASKETBALL

National Basketball Association

NBA—Suspended New York Knicks F Renaldo Balkman one game without pay, and assessed him a flagrant foul, penalty two for elbowing Los Angeles Lakers G Sasha Vujacic in a Jan. 29 game.

FOOTBALL

National Football League

ATLANTA FALCONS—Named Chris Scelfo tight ends coach.

BALTIMORE RAVENS—Named Jerry Rosburg special teams coach.

CINCINNATI BENGALS—Signed QB Jordan Palmer to a two-year contract.

MIAMI DOLPHINS—Signed QB Matt Baker, OL Trey Darilek and LB Junior Glymph.

ST. LOUIS RAMS—Named Al Saunders offensive coordinator and signed him to a three-year contract.

SAN FRANCISCO 49ERS—Named Ted Tollner quarterbacks coach/assistant to the head coach, and Adam Gase offensive assistant.

HOCKEY

National Hockey League

CHICAGO BLACKHAWKS—Assigned F David Bolland and F Kris Versteeg to Rockford (AHL).

COLUMBUS BLUE JACKETS—Recalled C Gilbert Brule from Syracuse (AHL).

EDMONTON OILERS—Placed D Sheldon Souray on injured reserve.

PHOENIX COYOTES—Assigned C Mike Zigomanis to San Antonio (AHL).

TAMPA BAY LIGHTNING—Assigned RW Kyle Wanvig to Norfolk (AHL).

VANCOUVER CANUCKS—Assigned G Drew MacIntyre to Manitoba (AHL). Recalled D Luc Bourdon, RW Mike Brown and LW Jason Jeffray from Manitoba.

Dwain Williams and Providence will face Notre dame at 7 p.m. on ESPN2.

Sports dial

Today

Television

3 p.m. - Golf Channel - FBR Open, golf.

7 p.m. - ESPN - Boston College at North Carolina, college basketball.

7 p.m. - ESPN2 - Providence at Notre Dame, college basketball.

8 p.m. - TNT - Dallas at Boston, pro basketball.

9 p.m. - ESPN - Indiana at Wisconsin, college basketball.

9 p.m. - ESPN2 - North Carolina State at Duke, college basketball.

10:30 p.m. - TNT - San Antonio at Phoenix, pro basketball.

Radio

8 p.m. - WEAE (1250) - Dallas at Boston, pro basketball.

PSAC standings

Men

Western Division

	PSAC W	PSAC L	Overall W	Overall L
California	4	0	13	4
Edinboro	4	0	14	4
Indiana	3	1	11	8
Clarion	2	3	10	9
Slippery Rock	1	3	3	15
Lock Haven	1	3	1	17
Shippensburg	0	5	6	14

Eastern Division

	PSAC W	PSAC L	Overall W	Overall L
Kutztown	4	0	13	5
Cheyney	4	1	11	6
East Stroudsburg	2	2	13	5
Millersville	2	2	13	6
West Chester	2	2	10	8
Mansfield	1	3	13	6
Bloomsburg	0	5	8	11

Wednesday

California 72, Slippery Rock 63
Indiana 74, Shippensburg 63
Edinboro 94, Clarion 68
West Chester 71, Bloomsburg 59
Mansfield 84, East Stroudsburg 81
Cheyney 72, Millersville 42
Dist. of Columbia 81, Kutztown 79

Saturday

Indiana at California (5 p.m.)
Edinboro at LockHaven
Shippensburg at Slippery Rock
Cheyney at Kutztown
East Stroudsburg at Millersville
West Chester at Mansfield

Women

Western Division

	PSAC W	PSAC L	Overall W	Overall L
California	4	0	17	2
Indiana	3	1	18	2
Shippensburg	3	2	15	5
Clarion	3	2	13	6
Edinboro	1	3	11	7
Slippery Rock	1	3	7	12
Lock Haven	0	4	5	13

Eastern Division

	PSAC W	PSAC L	Overall W	Overall L
Millersville	4	0	15	4
West Chester	3	1	11	7
Kutztown	2	2	9	10
East Stroudsburg	2	2	8	10
Cheyney	2	3	5	13
Mansfield	1	3	6	13
Bloomsburg	1	4	5	14

Wednesday

California 83, Slippery Rock 57
Shippensburg 88, Indiana 75
Clarion 76, Edinboro 64
West Chester 78, Bloomsburg 49
Millersville 65, Cheyney 60
Mansfield 62, East Stroudsburg 59

Saturday

Indiana at California (5 p.m.)
Edinboro at Lock Haven
Shippensburg at Slippery Rock
East Stroudsburg at Millersville
West Chester at Mansfield
Cheyney at Kutztown
Bloomsburg at Columbia Union

Cal U lineups

Men

California - 77

Logan, 6-0-12; Hairston, 2-3-7; Brooks, 0-0-0; Banks, 6-0-12; Mbaye, 10-9-29; Sawyer, 0-0-0; Johnson, 0-0-0; Berenato, 0-0-0; Vaughn, 0-0-0; Colao, 3-1-9; Parker, 0-2-2. Totals: FG - 27 (60), F - 21 (26), T - 77.

Slippery Rock - 64

Johnson, 7-2-20; Schaefer, 1-0-2; Somerville, 3-0-6; Robinson, 2-4-9; Burka, 1-0-2; Coleman, 1-0-2; Levy, 2-0-5; Scales, 0-0-0; Vines, 5-4-14; Perry, 2-0-4. Totals: FG - 24 (49), F - 10 (18), T - 64.

Halftime score: 28-19, California.

Three-pointers: California (2-11) Colao 2. Slippery Rock (6-11) Johnson 4, Robinson, Levy.

Women

California - 83

Johnson, 5-2-13; Williams, 9-1-19; Andrews, 4-0-10; Dubyak, 2-1-6; Smith, 9-1-19; Benick, 2-0-4; Mance, 6-0-12. Totals: FG - 37 (81), F - 5 (9), T - 83.

Slippery Rock - 57

Nero, 1-2-4; Molloy, 3-5-11; Gaidosh, 4-0-8; Busser, 1-3-5; Staudinger, 7-3-17; Schake, 0-0-0; Stewart, 2-0-4; Smith, 2-2-6; McNeely, 1-0-2. Totals: FG - 21 (52), F - 15 (23), T - 57.

Halftime score: 36-29, California.

Three-pointers: California (4-13) Andrews 2, Johnson, Dubyak. Slippery Rock (0-6).

High school boys' basketball standings

Class AAA

	Sec. 4 W	Sec. 4 L	Overall W	Overall L
Chartiers Valley	9	0	21	1
Keystone Oaks	8	1	13	9
Ringgold	4	5	7	16
South Park	4	5	9	12
Trinity	2	7	5	15
McGuffey	0	9	3	17

Friday

South Park at Ringgold
Keytone Oaks at Chartiers Valley
McGuffey at Trinity

	Sec. 5 W	Sec. 5 L	Overall W	Overall L
Belle Vernon Area	8	1	18	5
Steel Valley	6	3	14	5
Thomas Jefferson	5	4	7	12
West Mifflin	4	5	9	10
Yough	3	6	7	14
Elizabeth Forward	1	8	5	17

Wednesday

Belle Vernon Area 77, Frazier 64

Friday

Yough at Belle Vernon Area
Elizabeth Forward at Thomas Jefferson
West Mifflin at Steel Valley

Class AA

	Sec. 5 W	Sec. 5 L	Overall W	Overall L
Monessen	12	1	17	5
Washington	11	2	17	6
Burgettstown	9	4	17	5
Brownsville	7	6	11	12
Charleroi	6	7	11	11
C-Houston	6	7	12	10
Waynesburg	1	12	3	19
Beth Center	0	13	3	20

Wednesday

Burgettstown 59, Avella 54
Carmichaels 60, Waynesburg 41

Friday

Brownsville at Monessen
Washington at Charleroi
Burgettstown at C-Houston
Waynesburg at Beth-Center

Class A

	Sec. 2 W	Sec. 2 L	Overall W	Overall L
California	9	0	15	4
Carmichaels	7	2	16	4
Geibel	4	5	5	13
Mapletown	5	4	12	10
Jeff-Morgan	1	8	5	17
West Greene	1	8	2	15

Friday

California at Geibel
Carmichaels at West Greene
Mapletown at Jeff-Morgan

	Sec. 3 W	Sec. 3 L	Overall W	Overall L
Serra	11	0	20	1
Clairton	8	3	11	8
Bentworth	7	4	13	7
Cornell	5	6	11	9
Sacred Heart	5	6	7	15
Avella	3	9	9	14
Frazier	0	11	2	19

Friday

Frazier at Bentworth
Serra at Clairton
Sacred Heart at Cornell

High school girls' standings

Class AAA

	Sec. 4 W	Sec. 4 L	Overall W	Overall L
Ringgold	8	1	16	6
Chartiers Valley	8	1	16	6
West Allegheny	6	3	12	10
Keystone Oaks	3	6	6	14
McGuffey	2	7	7	14
Waynesburg	0	9	4	17

Wednesday

Chartiers Valley 44, Seneca Valley 37
Carmichaels 42, Waynesburg 25
West Allegheny 61, Blackhawk 39

Today

West Allegheny at Ringgold
McGuffey at Waynesburg

Friday

Keystone Oaks at Chartiers Valley

	Sec. 5 W	Sec. 5 L	Overall W	Overall L
West Mifflin	9	0	19	3
Elizabeth Forward	7	2	19	4
Thomas Jefferson	6	3	10	11
Steel Valley	3	6	10	11
Belle Vernon Area	2	7	5	17
Yough	0	9	8	15

Today

Yough at Belle Vernon Area
Elizabeth Forward at Thomas Jefferson
West Mifflin at Steel Valley

Class AA

	Sec. 5 W	Sec. 5 L	Overall W	Overall L
Washington	11	0	21	1
Beth-Center	7	4	14	7
Charleroi	7	4	13	10
Brownsville	7	5	15	8
Bentworth	5	6	11	11
C-Houston	1	10	5	18
Burgettstown	1	10	4	19

Today

Washington at Charleroi
Beth-Center at Bentworth
C-Houston at Burgettstown

Class A

	Sec. 2 W	Sec. 2 L	Overall W	Overall L
Geibel	9	0	16	5
Carmichaels	7	2	12	10
Mapletown	5	4	13	6
California	4	5	8	12
West Greene	1	8	1	20
Jeff-Morgan	1	8	3	19

Wednesday

Mapletown 38, Cornell 32

Today

California at Geibel

Friday

Carmichaels at West Greene
Mapletown at Jeff-Morgan

	Sec. 3 W	Sec. 3 L	Overall W	Overall L
Monessen	10	0	22	0
Serra	7	2	13	5
Clairton	5	4	9	7
Avella	4	5	10	9
Trinity Christian	2	8	5	15
Frazier	0	9	0	22

Today

Clairton at Serra
Frazier at Avella

Friday

Wilkinsburg at Monessen (6 p.m.)

High school basketball lineups

BOYS

Belle Vernon Area - 77

Dudzinski, 7-20-35; Naylor, 0-8-8; Pohlot, 5-4-14; Cory Williams, 4-2-12; Lustig, 2-3-8. Totals: FG - 18, F - 37 (44), T - 77.

Frazier - 64

Keebler, 1-1-3; Miller, 3-1-7; Bartolomucci, 4-2-10; Rock, 5-0-13; Smith, 6-0-12; Rebovich, 6-2-15; Thompson, 0-2-2; Gerard, 1-0-2. Totals: FG - 26, F - 8 (24), T - 64.

Score by quarters:

Frazier	20	18	14	12	- 64
BV Area	20	18	18	21	- 77

Three-pointers: BVA - Williams 2, Dudzinski, Lustig. Frazier - Rock 3, Rebovich.

College basketball scores

MEN

EAST

Boston U. 56, Maine 49
Cincinnati 62, West Virginia 39
Colgate 58, Holy Cross 46
Georgetown 74, St. John's 42
Iona 62, Manhattan 60
La Salle 84, St. Bonaventure 61
Lafayette 83, Army 58
Lehigh 56, Bucknell 54
Massachusetts 94, Duquesne 80
Navy 77, American U. 66
New Hampshire 68, Stony Brook 60
Northeastern 53, Delaware 49
Pittsburgh 69, Villanova 57
Rhode Island 78, Richmond 74
Rider 79, Marist 65
Saint Joseph's 61, George Washington 59
Seton Hall 84, Rutgers 71, OT
Towson 60, Hofstra 51
UMBC 69, Albany, N.Y. 65
Vermont 81, Hartford 76

SOUTH

Davidson 78, Wofford 65
Florida Atlantic 82, New Orleans 72
Furman 53, The Citadel 51
Georgia St. 64, Drexel 58
LSU 81, Auburn 80
Marshall 72, Tulsa 65, OT
Maryland 85, Virginia 75
Mississippi 74, Vanderbilt 58
N.C. Central 67, Coppin St. 65
South Carolina 62, Georgia 56
UAB 88, UCF 81
UNC Wilmington 68, Old Dominion 65
William & Mary 70, James Madison 67

MIDWEST

Akron 68, Toledo 52
Bowling Green 63, Ball St. 53
Bradley 63, Indiana St. 44
Dayton 63, Saint Louis 36
Drake 75, Creighton 65
Kansas St. 84, Kansas 75
Kent St. 77, E. Michigan 67
Miami (Ohio) 66, N. Illinois 51
Michigan St. 51, Illinois 41
N. Iowa 69, Illinois St. 61
Nebraska 66, Missouri 62
Northwestern 68, Texas-Pan American 59
Purdue 51, Iowa 50
Syracuse 60, DePaul 55

SOUTHWEST

Arkansas 78, Mississippi St. 58
Memphis 89, Houston 77
Sam Houston St. 73, Texas-Arlington 57
Stephen F.Austin 81, Texas St. 63
Texas A&M 80, Texas 63
UNLV 70, TCU 58
UTEP 90, Southern Miss. 79

FAR WEST

BYU 69, Air Force 53
UC Santa Barbara 64, UC Riverside 53
Utah Valley St. 72, Arkansas St. 57
Wyoming 69, Utah 64

WOMEN

EAST

Albany, N.Y. 80, Binghamton 60
American U. 59, Navy 52
Army 57, Lafayette 46
Boston U. 72, UMBC 62
Connecticut 71, South Florida 48
Holy Cross 59, Colgate 37
Lehigh 59, Bucknell 53
Massachusetts 61, Fordham 59
New Hampshire 70, Maine 55
Pittsburgh 72, Villanova 63
St. Bonaventure 62, Duquesne 61
Temple 70, Saint Joseph's 67

SOUTH

Charlotte 74, La Salle 52
Coastal Carolina 52, Winthrop 47
Middle Tennessee 85, Louisiana-Lafayette 66
W. Kentucky 63, Ark.-Little Rock 49

MIDWEST

Iowa St. 65, Colorado 45
Kansas St. 77, Nebraska 75
Kent St. 87, Toledo 61
Louisville 79, Cincinnati 56
Marquette 60, Georgetown 55
Notre Dame 85, Providence 54
Ohio 88, Ball St. 82, OT
W. Michigan 79, Bowling Green 73
Xavier 69, Saint Louis 52

SOUTHWEST

Baylor 61, Texas 60
Oklahoma 67, Kansas 51

FAR WEST

BYU 52, Air Force 47
San Diego St. 86, Colorado St. 52
Santa Clara 61, Portland 58
Utah 60, Wyoming 59

Pitt lineups

PITTSBURGH - 69

Brown 3-3 2-3 9, Young 5-12 4-7 15, Blair 3-7 4-5 10, Benjamin 3-10 1-2 8, Ramon 2-5 4-4 10, Biggs 3-5 8-12 14, Wanamaker 0-4 1-2 1, McGhee 1-1 0-0 2. Totals 20-47 24-35 69.

VILLANOVA - 57

Pena 4-15 2-2 10, Cunningham 1-3 0-0 2, Reynolds 9-15 5-8 26, Fisher 2-10 0-0 4, Redding 3-6 0-0 6, Grant 1-2 0-0 3, Drummond 1-2 0-0 2, Clark 0-0 0-0 0, Anderson 2-5 0-2 4, Stokes 0-5 0-0 0. Totals 23-63 7-12 57.

Halftime—Pittsburgh 29-23.

3-Point Goals—Villanova 4-16 (Reynolds 3-7, Grant 1-2, Anderson 0-1, Stokes 0-3, Fisher 0-3), Pittsburgh 5-15 (Ramon 2-5, Brown 1-1, Young 1-3, Benjamin 1-4, Wanamaker 0-2). Fouled Out—Cunningham, Redding. Rebounds—Villanova 32 (Pena 10), Pittsburgh 43 (Blair 14). Assists—Villanova 10 (Reynolds 4), Pittsburgh 15 (Benjamin 7). Total Fouls—Villanova 26, Pittsburgh 16.

A—12,508.

NBA standings

EASTERN CONFERENCE

Atlantic Division

	W	L	Pct	GB
Boston	35	8	.814	—
Toronto	25	20	.556	11
New Jersey	19	26	.422	17
Philadelphia	18	28	.391	18 1/2
New York	14	31	.311	22

Southeast Division

	W	L	Pct	GB
Orlando	29	18	.617	—
Washington	24	20	.545	3 1/2
Atlanta	18	24	.429	8 1/2
Charlotte	18	28	.391	10 1/2
Miami	9	35	.205	18 1/2

Central Division

	W	L	Pct	GB
Detroit	32	13	.711	—
Cleveland	25	19	.568	6 1/2
Indiana	19	27	.413	13 1/2
Chicago	18	27	.400	14
Milwaukee	18	29	.383	15

WESTERN CONFERENCE

Southwest Division

	W	L	Pct	GB
New Orleans	32	13	.711	—
Dallas	31	13	.705	1/2
San Antonio	28	16	.636	3 1/2
Houston	25	20	.556	7
Memphis	13	33	.283	19 1/2

Northwest Division

	W	L	Pct	GB
Utah	28	18	.609	—
Denver	27	18	.600	1/2
Portland	26	19	.578	1 1/2
Seattle	10	35	.222	17 1/2
Minnesota	9	36	.200	18 1/2

Pacific Division

	W	L	Pct	GB
Phoenix	33	13	.717	—
L.A. Lakers	28	15	.651	3 1/2
Golden State	28	19	.596	5 1/2
Sacramento	20	24	.455	12
L.A. Clippers	14	28	.333	17

Wednesday's Games

Orlando 107, Miami 91
Philadelphia 112, Milwaukee 69
Toronto 122, Washington 83
Denver 106, Memphis 102
Minnesota 83, Chicago 67
Golden State 116, New Orleans 103
Utah 100, New York 89
Cleveland 84, Portland 83
Sacramento 105, Charlotte 91
L.A. Clippers 95, Atlanta 88

Today's Games

L.A. Lakers at Detroit, 7:30 p.m.
Dallas at Boston, 8 p.m.
Cleveland at Seattle, 10 p.m.
San Antonio at Phoenix, 10:30 p.m.

Friday's Games

Houston at Indiana, 7 p.m.
Orlando at Philadelphia, 7 p.m.
L.A. Lakers at Toronto, 7 p.m.
Utah at Washington, 8 p.m.
New Jersey at Miami, 8 p.m.
L.A. Clippers at Minnesota, 8 p.m.
New Orleans at Sacramento, 10 p.m.
New York at Portland, 10:30 p.m.
Charlotte at Golden State, 10:30 p.m.

Latest Line

BEST BET: Detroit is a solid 11-3 straight-up and vs. the spread its last 14 home games. The Lakers are 0-8 straight-up and 1-7 vs. the spread their last eight trips to The Palace of Auburn Hills. Detroit usually dominates on its home court and will look to avoid the series sweep. Take Detroit -7 for another Best Bet winner.

NFL

Favorite	Points	Underdog
Sunday, Feb 3		
Super Bowl XLII		
University of Phoenix Stadium-Glendale, AZ.		
New England	12 (54)	NY Giants

NBA

Favorite	Points	Underdog
DETROIT	7	LA Lakers
a-BOSTON	No Line	Dallas
Cleveland	4 1/2	SEATTLE
PHOENIX	7	San Antonio

a-Boston K. Garnett and R. Allen are questionable.

College Basketball

Favorite	Points	Underdog
N. CAROLINA	21	Boston College
NOTRE DAME	8	Providence
Wisc Milw.	5	DETROIT
Minnesota	2	MICHIGAN
WRIGHT ST	5 1/2	Wisc Green Bay
W. KENTUCKY	14	Ark Little Rock
S. Alabama	3 1/2	NORTH TEXAS
ILL. CHICAGO	2 1/2	Cleveland State
LOYOLA CHI.	6 1/2	Youngstown St
LA-LAFAYETTE	7	Middle Tenn St
Temple	2	FORDHAM
TROY	3 1/2	La-Monroe
DUKE	19	N. Carolina St
WISCONSIN	4 1/2	Indiana
DENVER	5	Fla International
CS NORTH.	9	Cal Irvine
WASH. STATE	11 1/2	California
NEVADA	9	Fresno State
Stanford	2	WASHINGTON
CS Fullerton	7	LONG BEACH ST
UCLA	14 1/2	Arizona State
SO. CAL	3 1/2	Arizona
New Mexico St	2	HAWAII
TENN CHATT.	6 1/2	Ga Southern
AUSTIN PEAY	3	Murray State
JACKS. ST	2 1/2	Eastern Illinois
TENN. STATE	9	Samford
TENN. MARTIN	3	Tennessee Tech
N. Arizona	2	N. COLORADO
WEBER STATE	9	Idaho State
Montana State	2	E. WASHINGTON
PORTLAND ST	5 1/2	Montana

NHL

Favorite	Goals	Underdog
CAROLINA	1/2-1	Toronto
WASHINGTON	Even-1/2	Montreal
PHILADELPHIA	Even-1/2	NY Rangers
NY ISLANDERS	1/2-1	Los Angeles
TAMPA BAY	Even-1/2	Vancouver
OTTAWA	1-1 1/2	Boston
NASHVILLE	Even-1/2	Columbus

HOME TEAM IN CAPS

Bowling

Tan-O-Bell Lanes

Epiphany Men's League

Standings

Duquesne, 92-55; Villanova, 75-72; Notre Dame, 72-75; Holy Cross, 71-76; St. Vincent, 69-78; St. John, 61-86.

High scores

Stephen Crisi, 216-627; John Perozzi, 206-542; Joe Gallo, 210-527; Jim Peltier, 181-521; Lee Nicolaus, 178-510; Anthony Manderino, 178-500; Nick Kostelac, 184-494; Will Harris, 189-493; Armand DeRose, 201-484; Emil Crisi, 172-484.

Pitt

(FROM PAGE ONE)

last time coming three years ago. "Definitely, we didn't want to fall in and do what we did the other day," Pitt's Keith Benjamin said.

Biggs came off the bench for 14 points and freshman DeJuan Blair had 10 points and 14 rebounds for the Panthers, who improved to 6-3 without the injured Levance Fields (broken foot) and Mike Cook (knee).

"We're right there as far as the conference goes," Pitt coach Jamie Dixon said. "Through all that it's pretty remarkable and I'm proud of our guys. I think it's a place no one thought we would be at this point."

Villanova, which has lost six in a row in Pittsburgh, made only one of its first 12 shots and four of its first 22 while falling behind by as many as 13 points in the first half. But Reynolds scored the last seven points of a 9-0 run that gave Villanova its only lead at 38-37 with 13:38 to play.

The Wildcats, 1-4 in Big East road games, missed a chance to build on the lead when Reynolds missed a free throw that would have completed a three-point play and extended the run to 10 points and Dwayne Anderson couldn't convert two free throws the next time down.

Penguins

(FROM PAGE ONE)

Kovalchuk and Bobby Holik scored first-period goals and Eric Perrin and Jim Slater added tallies in the third to give Atlanta a 4-0 lead.

Perrin scored an unassisted, short-handed goal 1:32 into the period, and Slater scored about 2 minutes later. That prompted Pittsburgh coach Michel Therrien to pull Ty Conklin, who stopped only 16 of 20 shots, and replace him with Dany Sabourin.

The Thrashers avoided matching their worst losing streak of the season, the 0-6 start that cost coach Bob Hartley his job.

Holik scored on a rebound shot past Conklin 7:08 into the opening period.

Kovalchuk, held without a goal in the All-Star game, quickly ended his longest streak of the season without a point. Kovalchuk found the net during a power play when he sent in a shot from well back of the circles with just over 3 minutes left in the first period.

The Penguins had a goal disallowed following a video review with 2:10 left in the second period. The replay showed Nathan Smith kicked a puck into the net.

SPORTS HISTORY

30 Years Ago

Rick Webb scored 19 points in Ringgold's 65-59 loss to Uniontown.

Reggie Allen set a Monessen single-game scoring record with 40 points in the Greyhounds' 96-68 romp at Brownsville.

Delmer Beshore poured in 29 points in California State College's 82-58 victory over Shippensburg.

Linda Shorter poured in 28 points in Belle Vernon Area's 50-36 win over Charleroi.

20 Years Ago

California University downed Lock Haven, 83-75, behind Darryl Norfleet's 23 points.

Stephanie Meyers had 21 points in California University's 76-58 defeat to Lock Haven.

The PIAA approved a two-week state football playoff.

10 Years Ago

Leading scorer and rebounder Matt Eisley was injured in Belle Vernon Area's 60-52 win over Charleroi.

Dave Stein had a season-high 23 points in Monessen's 75-50 romp at Jefferson-Morgan.

Matt Rossi poured in 28 points in California's 55-46 victory over Frazier.

Ed Minnie came of the bench to score a game-high 19 points in Ringgold's 61-47 loss to West Mifflin.

COMICS

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*ASTHMA TIPS FROM HERBALIST IN MONTREAL.
10:00PM: END DAY STARING AT LITTLE SCREEN.
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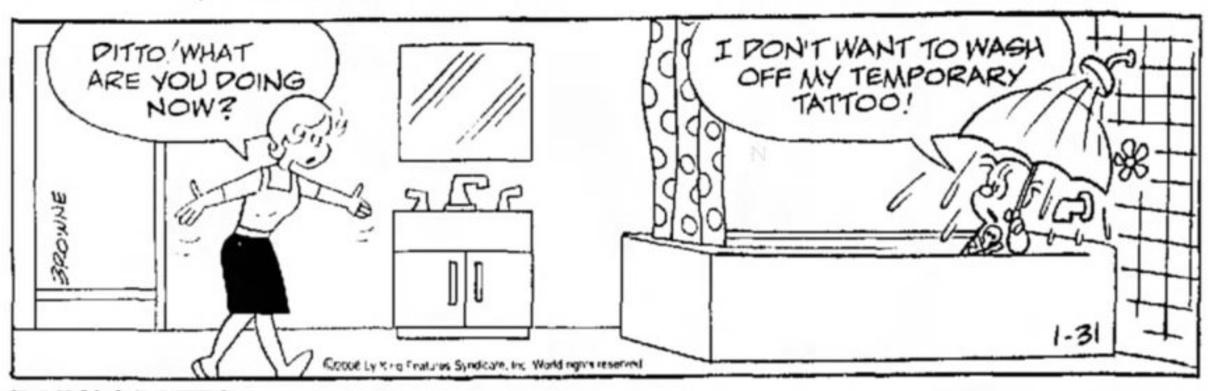
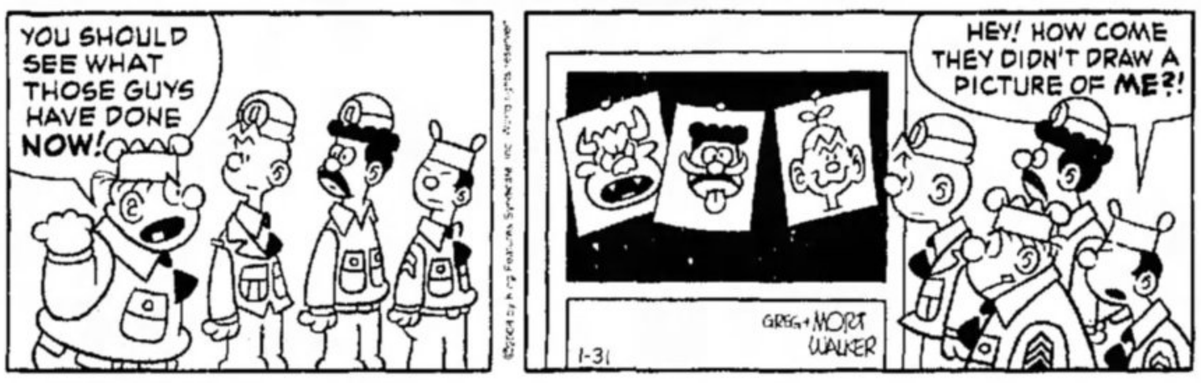


BEETLE BAILEY® by Mort Walker



BORN LOSER® by Art Sansom

"SUBPRIME" HAS BEEN SELECTED AS THE WORD OF THE YEAR FOR 2007...
CAN ANYONE GIVE ME A DEFINITION OF SUBPRIME? YES—HURRICANE HATTIE?
THAT'S THE TV SHOWS THAT COME ON BEFORE PRIME TIME STARTS!
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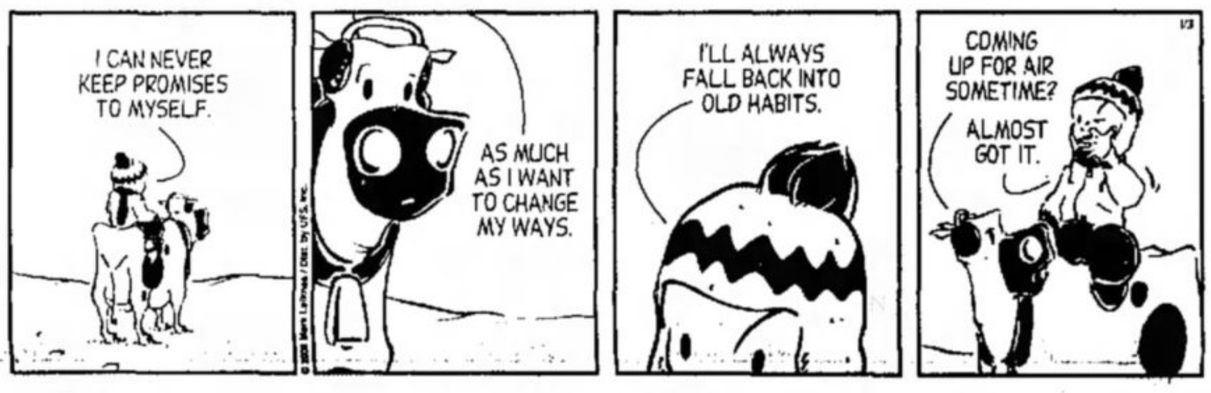
GRIZZWELLS® by Bill Schorr

I'VE OFTEN WONDERED IF A TOMATO IS A FRUIT OR A VEGETABLE
OH, THAT'S AN EASY ONE, GRASS-HOPPER
IT ALL DEPENDS ON WHETHER YOU GET ONE FROM A FRUIT TREE OR A VEGETABLE AISLE
OH, RIGHT

COW AND BOY© by Mark Leiknes


I CAN NEVER KEEP PROMISES TO MYSELF.
AS MUCH AS I WANT TO CHANGE MY WAYS.
I'LL ALWAYS FALL BACK INTO OLD HABITS.
COMING UP FOR AIR SOMETIME?
ALMOST GOT IT.

FRANK and ERNEST® by Bob Thaves

HERMAN® by Jim Unger

"Millions of years of evolution, and that's the latest model!"

KIT'N' CARLYLE® by Larry Wright

kitncarlyle@comcast.net
DANG. I WISH I'D NEVER TOLD HER HOW GOOD A NAP ON THE CLEAN LAUNDRY BASKET SMELLS.
Z
1-31
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SOUP TO NUTZ™ by Rick Stromoski

MOM, WHAT'S YOUR FAVORITE BEATLES SONG?
THAT'S EASY... LUCY IN THE SKY WITH DIAMONDS...
REALLY? THE ONE ABOUT THE LADY WITH THE INTESTINAL DISEASE?
WHAT DO YOU MEAN, ANDREW?
THE GIRL WITH COLITIS GOES BY...
-TRAMOSKI-

BIG NATE© by Lincolin Peirce

YOU WANT ME TO DELIVER A NOTE TO ARTUR?
WILL YOU?
WHAT AM I, YOUR ERRAND BOY?
NO! NO, NOT AT ALL!
YOU'RE A FRIEND, DOING SOMETHING NICE! YOU'RE NOT AN ERRAND BOY!
RIGHT.
...AND CAN YOU SEE IF HE WANTS TO GO TO A MOVIE ON FRIDAY?

ALLEY OOP® by Dave Graue

WHAT MAKES YOU SAY ALLEY DOESN'T HAVE SOMETHING ROMANTIC PLANNED?
'CAUSE HE'S REALLY SICK!
I'VE NEVER SEEN ANYBODY LOOK SO AWFUL BEFORE!
OH, MY! POOR ALLEY! HE'S BEEN GONE SO LONG, AND THEN HE COMES HOME ILL!
DON'T WORRY, DEAR! I'M SURE HE'LL BE FINE! YOU SEND WORD IMMEDIATELY IF YOU NEED HELP!
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MARK TRAIL® by Jack Elrod

AS MARK CROSSES THE LAKE, THE PONTOON PLANE RETURNS AND IS HEADED STRAIGHT TOWARD MARK AND ANDY
GET DOWN, ANDY, I DON'T KNOW WHAT THEY'RE UP TO!
JACK ELROD
1-31

The Valley Independent Crossword Puzzle

ACROSS

1 Surveyors' maps
6 Baseball player's need
11 Black bird
12 Lent a hand
13 Obscure or dark
15 Claim
16 Kampala's nation
18 — Fernando Valley
19 Christina's pop
21 Wand
22 Grits, e.g.
23 Curb
25 Clasp
28 Like pagodas
30 Lime cooler
31 Ms. Hagen of films
32 Got the trophy
33 Wane
35 Not bold
37 Observe secretly
38 Enameled metal
40 Comfy shoes
41 Gun the engine
42 Tax shelter
43 Sooner than
46 Bug
48 Small wave
50 Prowled
54 Just perfect
55 Put on a show
56 Ship bottoms
57 Yard enclosure

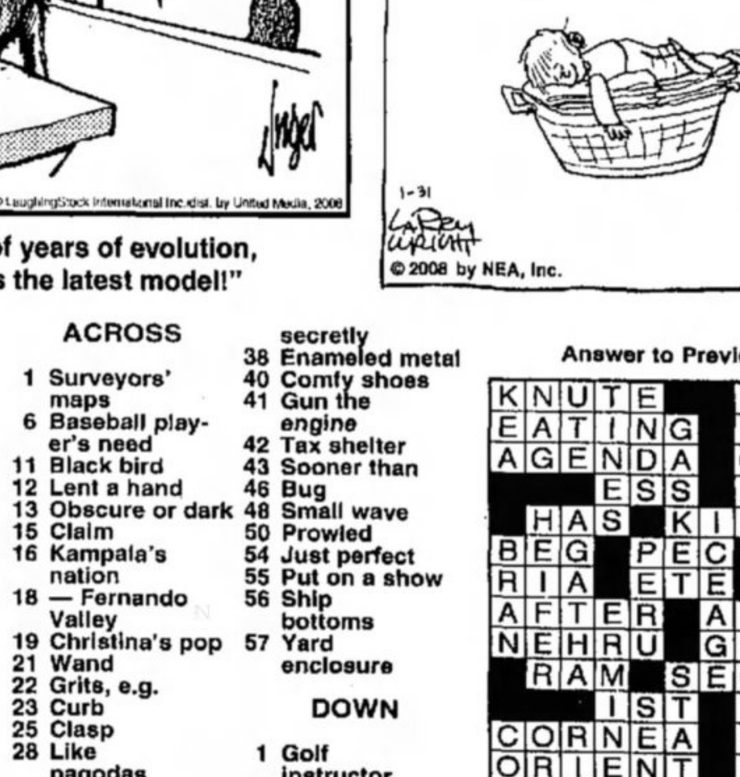
DOWN

1 Golf instructor
2 Pool length
3 "Mogambo" name
4 Cactus drink
5 Warmly comfortable
6 Benefit, often
7 Rapper — Kim
8 Poet's tributes
9 First-magnitude star
10 Idyllic spot
14 Headset, to hams
15 Augmented
17 Celebrities
19 Fable author
20 Wet
22 Gullets
24 NY baseballer
25 Funniness
26 City near Syracuse
27 Runs around a lot
29 Clear, as profit
34 Carried, as by the wind
36 Ape
39 Continuously
43 Estrada or Satie
44 Gallop
45 Fencing sword
46 Misfortunes
47 Blackjack
49 Buddy
51 Impractical
52 Poached item
53 Aberdeen's river

Answer to Previous Puzzle

K	N	U	T	E			U	N	S	A	F	E
E	A	T	I	N	G		B	U	L	G	E	D
A	G	E	N	D	A		O	N	I	O	N	S
			E	S	S		A	S	P			
		H	A	S		K	I	T		P	E	N
B	E	G		P	E	C		M	E	L	O	N
R	I	A		E	T	E		I	R	A	T	E
A	F	T	E	R		A	R	N		P	I	E
N	E	H	R	U		G	E	T		S	O	D
	R	A	M		S	E	C		Z	E	N	
			I	S	T		E	W	E			
C	O	R	N	E	A		S	A	B	L	E	S
O	R	I	E	N	T		S	T	R	O	L	L
B	O	O	S	T	S			T	A	C	K	Y

GET MORE in the new "Just Right Crossword Puzzles" series from Quill Driver. Call 800-605-7176.



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Common courtesy conquers perils of the bike path

Dear **ABBY**

DEAR ABBY: "On Foot in Orlando" (Nov. 23) wrote about being nearly run down by bicycles going too fast, especially when they don't warn that they're approaching.

When I'm on my bike, I always slow down and call out "On your left!" to warn the walker that I'm passing.

On the other hand, while I'm riding, I frequently encounter walkers three or four abreast, or pedestrians walking dead center or meandering zigzag down a path.

In those cases, I ring my bell, say, "On your left," and slow almost to a complete stop — only to be totally ignored, leaving me with no alternative but to ride on the grass.

Sometimes the three-abreast walkers are coming straight at me and clearly see me, but still won't move over and give me enough space to pass them (something that also happens when I'm walking).

The obvious solution is for walkers and riders to be considerate of one another, recognizing that we share a common road through life. — **CELIA IN MISSOULA, MONT.**

DEAR CELIA: I agree with you on that. Good manners can smooth many potentially abrasive situations.

Read on:

DEAR ABBY: Where I live, there are no bike lanes separate from the walking lanes on the shared path. We are allowed to ride bikes on sidewalks, except on Main Street.

I only wish bikers here had bicycle bells, but they don't seem to have ever heard of them, nor do they say "coming through" or "on your left" — they just come whizzing by. I'm hoping some of them will read this and take pity on walkers. — **WALKER AND BIKER IN NEW HAMPSHIRE**

DEAR ABBY: I am neither a biker nor a walker on a path. A cyclist ringing his bell signaling me to move would do no good, so I guess I'd be one of those ending up with "great bodily harm," as you put it. You see, I'm hard-of-hearing and could not hear that dinging bell behind me.

What if the person ahead of you is deaf? People can't see deafness as a handicap the way they can if somebody has a cane, etc. And, yes, I do wear hearing aids, in case some of your readers are thinking, "Get a hearing aid." Hearing aids help, but they are not a cure-all. (And many elderly people don't hear well either.)

So, bikers, do not totally rely on your bell to signal people to move. If there are pedestrians where you're riding, I urge you to use caution in case somebody might have a hearing impairment. — **HARD-OF-HEARING IN WEST TEXAS**

DEAR ABBY: When bicyclists, roller-bladers, joggers, walkers and tricycle riders all share the same path, the general rule is that the slowest person keeps to the right. This allows the roller-bladers and cyclists to pass without causing alarm.

Conflict usually arises when a group of people is walking together, taking up most of the walkway and making it impossible for others to pass, or when someone is wearing headphones and is oblivious to other users.

Unfortunately, when people don't observe basic courtesies on shared pathways, everyone becomes frustrated. — **ANN IN BRANFORD, CONN.**

DEAR READERS: That's right. Obviously, the rule should be to use caution on shared pathways, whether you are walking or riding — and instead of taking for granted that you have the right of way, show consideration for others and practice good manners.

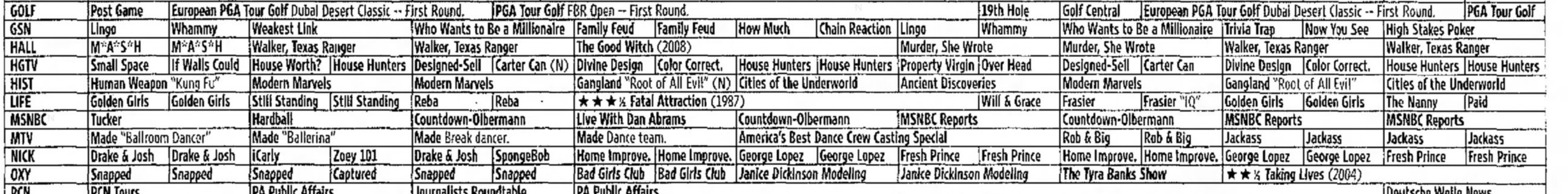
(Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.)

For an excellent guide to becoming a better conversationalist and a more attractive person, order "How to Be Popular." Send a business-size, self-addressed envelope, plus check or money order for $6 (U.S. funds only) to: Dear Abby Popularity Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Postage is included.)

THURSDAY EVENING — JAN. 31, 2008

MOVIES | TALK | NEWS | KIDS | SPORTS

	6PM	6:30	7PM	7:30	8PM	8:30	9PM	9:30	10PM	10:30	11PM	11:30	12AM	12:30	1AM	1:30	2AM	2:30
CBS (2) KDKA (7) WTRF (10) WTAJ	News (N)	(7) (10) CBS Evening News With Katie Couric (N)	(2) CBS Evening News-Couric/ (7) Entertainment/ (10) Inside	(2) The Insider (N)/ (7) Inside Edition/ (10) Two and a Half Men	CSI: NY "Some Buried Bones" Mac's stepson is a key witness when a college student is found dead in a park.		CSI: Crime Scene Investigation "Cockroaches" Warrick is named the prime suspect in a mob-related murder.		Without a Trace "Run" The team discovers a secret that may have caused a woman to go on the run.		News (N)	Late Show With David Letterman Stupid human tricks. (N)		The Late Late Show With Craig Ferguson Julia Louis-Dreyfus; Lindsay Sloane. (N)		(2) Extra (N)/ (7) The Insider (N)/ (10) Everybody Loves Raymond	(2) (10) Paid/ (7) That '70s Show "Gimme Shelter"	(2) Paid/ (7) (10) CBS Up to the Minute (N)
ABC (4) WTAE (23) WATM	(4) News/ (23) The Insider Miley Cyrus; "Fool's Gold."	ABC's World News With Charles Gibson (N)	(4) Inside Edition/ (23) Jeopardy! (N)	(4) Entertainment Tonight/ (23) Wheel of Fortune	Lost "Past, Present & Future" The mysteries of the island and its inhabitants. (N)		Lost "The Beginning of the End" The survivors are uncertain whether to believe Charlie's final message. (N)		Eli Stone "Pilot" A lawyer experiences visions that compel him to redefine his life and work. (Series Premiere) (N)		(4) Ch. 4 Action News at 11 (N)/ (23) News (N)	Nightline (N)	Jimmy Kimmel Live		(4) Oprah Winfrey/ (23) Paid	(23) Paid	(4) Paid/ (23) Jerry Springer (N)	(4) Ch. 4 Action News at 11
NBC (6) WJAC (9) WTOV (11) WPXI	News (N)	NBC Nightly News (N)	(6) Entertainment Tonight Miley Cyrus. (N)/ (9) (11) Jeopardy! (N)	(6) Who Wants to Be a Millionaire/ (9) (11) Wheel of Fortune "Teen Best Friends"	My Name Is Earl "The Frank Factor" A friend in prison.	The Office "Dunder-Mifflin Infinity" Ryan returns to the Scranton branch.	The Celebrity Apprentice "The Croc and the Rat" The teams create an awareness campaign for a shoe donation program. (N)				News (N)	The Tonight Show With Jay Leno (N)		Late Night With Conan O'Brien (N)		Last Call With Carson Daly	Poker After Dark David Benyamine; Allen Cunningham; Jennifer Harman; Phil Ivey; Barry Greenstein; Eli Elezra.	
FOX (8) WWCP (53) WPGH	(8) The Simpsons/ (53) Two and a Half Men	(8) That '70s Show/ (53) Frasier	(8) The Simpsons/ (53) Two and a Half Men	Seinfeld "The Pie" Jerry's date won't try his pie.	Are You Smarter Than a 5th Grader? A school principal. (N)		Don't Forget the Lyrics! (N)		(8) News (N)/ (53) Channel 11 News on FOX 53 at 10	(8) Seinfeld "The Finale" The friends are on trial.	(8) The King of Queens/ (53) Seinfeld	(8) Frasier/ (53) Scrubs	(8) Robocop: Future of Law Enforcement/ (53) Scrubs	(53) Paid	(53) Paid	(53) Paid	(8) My Computer Works/ (53) Sex and the City	(8) Get Wealthy From Home/ (53) Cheaters
(13) WQED	The NewsHour With Jim Lehrer (N)		Nightly Business Report	OnQ Magazine	Barbershops: PA Stylin'		Mystery! "Malice Aforethought" A doctor decides to murder his detestable wife.		Explore PA "Pittsburgh"		Charlie Rose (N)		OnQ Magazine	Tavis Smiley (N)	America's Ballroom Challenge "American Smooth"		Eden at the End of the World	
(19) WPCW	The People's Court (N)		Everybody-Raymond	Everybody-Raymond	Smallville "Persona" (N)		Supernatural "Malleus Maleficarum" (N)		The 10 O'Clock News	The Nightly Sports Call	Malcolm in the Middle	According to Jim	That '70s Show	King of the Hill "Bystand Me"	South Park "AWESOM-O"	Paid	Paid	Paid
(22) WPMY	The Simpsons	Family Guy	The Simpsons	Family Guy	★★ Gone in 60 Seconds (1974)				TMZ (N)	Frasier	Law & Order: Criminal Intent		Paid	Paid	Bernie Mac	My Wife-Kids	Half & Half	Half & Half
(40) WPCB	The Time Is Now!		The Time Is Now! Annual fundraiser.								The Time Is Now! Annual fundraiser.							
(69) WBGN	Temptation (N)	Temptation	Degrassi: Next	Reno 911!	The Nanny	Mad Abt. You	Dead Like Me		Cold Squad "First Deadly Sin"		Reno 911!	Blind Date	Paid	Paid	Paid	Paid	Paid	Paid
A&E	Cold Case Files		CSI: Miami "Broken"		The First 48		The First 48		The First 48 (N)		American Justice "Cop Killers"		The First 48		The First 48		The First 48 (N)	
ABCFAM	★★½ Overboard (1987)					★★½ Overboard (1987)					The 700 Club		Whose Line?	Whose Line?	Paid	Paid	Paid	Paid
AMC	★★ Lara Croft Tomb Raider: The Cradle of Life (2003)				★★★ Top Gun (1986)					Breaking Bad		★★★ Top Gun (1986)					Breaking Bad	
ANPL	The Crocodile Hunter		The Most Extreme		Dragons: A Fantasy Made Real Mythical dragons.				Animal Cops Houston		Dragons: A Fantasy Made Real Mythical dragons.				Animal Cops Houston		The Most Extreme	
BBC	Ramsay's Kitchen Nightmares		BBC World News America		Ramsay's Kitchen Nightmares		Ramsay's Kitchen Nightmares		BBC World News America		Ramsay's Kitchen Nightmares		Ramsay's Kitchen Nightmares		Ramsay's Kitchen Nightmares		Ramsay's Kitchen Nightmares	
BET	106 & Park: BET's Top 10 Live (N)			Black Carpet	★★½ Lockdown (2000)				Top 25 Fabulous Freaks		Hell Date	Hell Date	Jamie Foxx	Jamie Foxx	Comicview		BET Late	
BRAVO	The Millionaire Matchmaker		Make Me a Supermodel		Make Me a Supermodel		Make Me a Supermodel		Make Me a Supermodel (N)		Make Me a Supermodel		The Millionaire Matchmaker		Make Me a Supermodel		Real Housewives Confess	
CMT	★ Stroker Ace (1983)		Mobile Home Disaster		Redneck Wed	Redneck Wed	Redneck Wed	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	Home Videos	CMT Music	
CNBC	Mad Money		Kudlow & Company		Fast Money		Deal or No Deal		The Big Idea With Deutsch		Mad Money		Deal or No Deal		The Big Idea With Deutsch		Paid	Paid
CNN	The Situation Room		Lou Dobbs Tonight		Presidential Debate Los Angeles.				Anderson Cooper 360		Broken Government (N)		Larry King Live		Anderson Cooper 360		Anderson Cooper 360	
COM	Dr. Jekyll and Ms. Hyde (1995)		Scrubs	Scrubs	Daily Show	Colbert Report	Futurama	South Park	South Park	Drawn Toget	Daily Show	Colbert Report	South Park	Drawn Toget	Daily Show	Colbert Report	Reel Comedy	Drawn Toget
CSPAN	House of Representatives				Tonight From Washington						Capital News Today						Today in Washington	
DISC	Cash Cab	Cash Cab	How It's Made	How It's Made	Smash Lab "Train Crash"		Smash Lab		Smash Lab		MythBusters "Salsa Escape"		Smash Lab "Train Crash"		Smash Lab		Smash Lab	
DISNEY	Han. Montana	Han. Montana	Han. Montana	Zack & Cody	Minutemen (2008)				That's-Raven	Life Derek	Zack & Cody	Han. Montana	Replacements	Kim Possible	Emperor New	American Drgn	Buzz Lightyear	Timon-Pumbaa
E!	Pageant Moms	Chelsea Lately	E! News (N)	The Daily 10	Snoop Father	Snoop Father	Fashion Police: SAG Awards		12 Sexiest Hollywood Jobs		E! News	Chelsea Lately	The Daily 10	Girl Next Door	Rock Star Wives: The E! True Hollywood Story		Chelsea Lately	
ESPN	SportsCenter		College Basketball Boston College at North Carolina.				College Basketball Indiana at Wisconsin.				SportsCenter		NFL Live	SportsCenter	SportsCenter		SportsCenter	
ESPNC	Stump-Schwab	Stump-Schwab	American Gladiators		Boxing: 1988 McGirt vs. Taylor		Can't Blame	Can't Blame	American Gladiators		Bull Riding PRCA Xtreme.		Boxing: Foreman vs. Peralta I		UWF Wrestling	UWF Wrestling	Cheap Seats	Arliss
ESPN2	2007 World Series of Poker		College Basketball Providence at Notre Dame.				College Basketball North Carolina State at Duke.				Hey Rookie, Welcome-NFL		Super Bowl	Super Bowl	2007 World Series of Poker		2007 World Series of Poker	
EWTN	Beauty-Alive	Winner's Circle	Daily Mass: Our Lady		Life on the Rock		Parable	Holy Rosary	Don Bosco			Web of Faith	Daily Mass: Our Lady		Life on the Rock		Parable	The Pure Life
FNC	Special Report		Fox Report-Shepard Smith		The O'Reilly Factor		Hannity & Colmes		On the Record-Van Susteren		The O'Reilly Factor		Hannity & Colmes		On the Record-Van Susteren		Special Report	
FOOD	Minute Meals	Minute Meals	Emeril Live		Good Eats	Bobby Flay	Iron Chef America		Ace of Cakes	Ace of Cakes	Good Eats	Unwrapped	Iron Chef America		Ace of Cakes	Ace of Cakes	Good Eats	Unwrapped
FSN	Final Score	Savran on SportsBeat		Pens Rewind	Sport Science		Best Damn Sports Show Period		SportsBeat	College Basketball Arizona at USC.				Best Damn 50	Best Damn Sports Show Period		Final Score	Final Score
FX	★★½ Romeo Must Die (2000)				★★★ American History X (1998)					★★★ American History X (1998)					'70s Show	'70s Show	Paid	Paid
GOLF	Post Game	European PGA Tour Golf Dubai Desert Classic -- First Round.			PGA Tour Golf FBR Open -- First Round.							19th Hole	Golf Central	European PGA Tour Golf Dubai Desert Classic -- First Round.				PGA Tour Golf
GSN	Lingo	Whammy	Weakest Link		Who Wants to Be a Millionaire		Family Feud	Family Feud	How Much	Chain Reaction	Lingo	Whammy	Who Wants to Be a Millionaire		Trivia Trap	Now You See	High Stakes Poker	
HALL	M*A*S*H	M*A*S*H	Walker, Texas Ranger		Walker, Texas Ranger		The Good Witch (2008)				Murder, She Wrote		Murder, She Wrote		Walker, Texas Ranger		Walker, Texas Ranger	
HGTV	Small Space	If Walls Could	House Worth?	House Hunters	Designed-Sell	Carter Can (N)	Divine Design	Color Correct.	House Hunters	House Hunters	Property Virgin	Over Head	Designed-Sell	Carter Can	Divine Design	Color Correct.	House Hunters	House Hunters
HIST	Human Weapon "Kung Fu"		Modern Marvels		Modern Marvels		Gangland "Root of All Evil" (N)		Cities of the Underworld		Ancient Discoveries		Modern Marvels		Gangland "Root of All Evil"		Cities of the Underworld	
LIFE	Golden Girls	Golden Girls	Still Standing	Still Standing	Reba	Reba	★★★½ Fatal Attraction (1987)					Will & Grace	Frasier	Frasier "IQ"	Golden Girls	Golden Girls	The Nanny	Paid
MSNBC	Tucker		Hardball		Countdown-Olbermann		Live With Dan Abrams		Countdown-Olbermann		MSNBC Reports		Countdown-Olbermann		MSNBC Reports		MSNBC Reports	
MTV	Made "Ballroom Dancer"		Made "Ballerina"		Made Break dancer.		Made Dance team.		America's Best Dance Crew Casting Special				Rob & Big	Rob & Big	Jackass	Jackass	Jackass	Jackass
NICK	Drake & Josh	Drake & Josh	iCarly	Zoey 101	Drake & Josh	SpongeBob	Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince	Home Improve.	Home Improve.	George Lopez	George Lopez	Fresh Prince	Fresh Prince
OXY	Snapped	Snapped	Snapped	Captured	Snapped	Snapped	Bad Girls Club	Bad Girls Club	Janice Dickinson Modeling		Janice Dickinson Modeling		The Tyra Banks Show		★★½ Taking Lives (2004)			
PCN	PCN Tours		PA Public Affairs		Journalists Roundtable		PA Public Affairs										Deutsche Welle News	
PCNC	Lynn Cullen Show Talk show.		News	Aesthetic Med	NightTalk With Ann Devlin		News		NightTalk With Ann Devlin		Honsberger	Fedko Fone	News	News	News	Paid	NightTalk With Ann Devlin	
SCIFI	Stargate SG-1 "Seth"		Pumpkinhead: Ashes to Ashes (2006)				Ghost Voyage (2008)				★★★ Stir of Echoes (1999)				Twilight Zone	Twilight Zone	The X-Files "Agua Mala"	
SPIKE	CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		TNA IMPACT! TNA World Champion Kurt Angle vs. Tomko. (N)				Pros vs. Joes (N)		UFC: Access	Whacked Out	Action Sports Championships		The Shield "Bottom Bitch"	
TBS	Friends	Raymond	Raymond	Raymond	Friends	Friends	★★★ My Big Fat Greek Wedding (2002)				Sex and City	Sex and City	★★★ My Big Fat Greek Wedding (2002)				★★½ Heartbreakers (2001)	
TCM	Because-Mine	★★ Sky Full of Moon (1952)			★★★★ The Enchanted Cottage (1945)		★★★½ Portrait of Jennie (1948)				★★★½ Now, Voyager (1942)				★★★½ Intermezzo: A Love Story (1939)		Cyrano de B.	
TLC	Property Ladder		Rides Transforming a Corvette.		American Chopper		American Chopper (N)		LA Ink	LA Ink	American Chopper		LA Ink	LA Ink	American Chopper		Rides Transforming a Corvette.	
TNT	Law & Order		NBA Pregame		NBA Basketball Dallas Mavericks at Boston Celtics.					NBA Basketball San Antonio Spurs at Phoenix Suns.					Inside the NBA		The X-Files "3"	
TOON	Scooby-Doo	Scooby-Doo	Codename	Camp Lazlo	Foster's Home	Courage-Dog	Grim Advent.	Gym Partner	Ed, Edd	Naruto	Family Guy	Family Guy	Robot Chicken	Chin Chan	Ghost in Shell	Eureka 7	Family Guy	Family Guy
TRAVEL	Seven Wonders		Top Ten Bridges		Anthony Bourdain		Beach Goers Exposed		Feasty Boys	Feasty Boys	Don't Know	Don't Know	Anthony Bourdain		Beach Goers Exposed		Feasty Boys	Feasty Boys
TRUTV	World's Wildest Police Videos		Cops	Cops	Speeders (N)	Speeders	Disorder in the Court 3		Ocean Force	Ocean Force	Forensic Files	Hwood Heat	Speeders	Speeders	Disorder in the Court 3		Ocean Force	Ocean Force
TVLAND	Bev. Hillbillies	Bev. Hillbillies	Andy Griffith	Andy Griffith	M*A*S*H	M*A*S*H	Just Shoot Me	Just Shoot Me	Just Shoot Me	Just Shoot Me	M*A*S*H	M*A*S*H	Just Shoot Me	Just Shoot Me	Bev. Hillbillies	Bev. Hillbillies	Sanford & Son	The Jeffersons
USA	Law & Order: Criminal Intent		Law & Order: Criminal Intent		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: Criminal Intent		Law & Order: SVU		Psych		Second in Command (2006)	
VH1	My Fair Brady	★★★ Ghostbusters (1984) Ghost fighters battle ghouls in a Manhattan high-					Celebrity Rehab With Dr. Drew		Celebrity Rehab With Dr. Drew		Scott Baio 46	Celebrity Eye	Celebrity Rehab With Dr. Drew		Gone Country		Behind the Music New Edition.	
VS.	NHL Hockey		Dangerous	Dangerous	Dangerous Game		Boxing Zuri Lawrence vs. Hasim Rahman.				Dangerous Game		Boxing Zuri Lawrence vs. Hasim Rahman.				Dangerous	Dangerous
WE	★★½ The Banger Sisters (2002)				★★★½ Forrest Gump (1994) A slow-witted Southerner experiences 30 years of history.						★★★½ Forrest Gump (1994) A slow-witted Southerner experiences 30 years of history.						★★½ The Banger Sisters	
WGN	Funniest Pets	Funniest Pets	Funniest Home Videos		The Interrogation of Michael Crowe (2002)				WGN News at Nine (N)		Scrubs	Scrubs	Corner Gas	Becker	Funniest Home Videos		The Steve Wilkos Show (N)	
ENC	Mad Max	★★ Stay Alive (2006)			★½ The Covenant (2006)			★½ National Lampoon's Vegas Vacation (1997)				★★★ Eight Below (2006)				★★★★ The Deer Hunter (1978)		
HBO	★★ She's the Man (2006) A student poses as her twin brother.		Inside the NFL		Flt.-Conchords		In Treatment	The Wire "Transitions"		Real Sex 30: Down and Dirty		Inside the NFL			In Treatment	★★★ Fast Food Nation (2006)		
MAX	★★½ Fast Times at Ridgemont High (1982)		★★★½ The Shawshank Redemption (1994)				★½ Lake Placid (1999)			Sin City		Sexual Surrender (2004)				★★★ To Die For (1995)		
SHOW	★★½ The Out-of-Towners (1999)		★★½ The Weather Man (2005)		★½ Snake Eyes (1998)				The L Word Bette is jealous.			★★ Deep Impact (1998)				★★★ The Boys (1998)		
STARZ	★½ Zoom (2006)		★★½ The Good German (2006)		★½ Wild Hogs (2007)			★★★ Déjà Vu (2006) A time-traveling agent falls in love with a murder victim.				★★ Step Up (2006)						
TMC	Elizabethtown	★★ Yours, Mine & Ours (2005)			★½ Kettle of Fish (2006)		★★ Art School Confidential (2006)				★★★½ Pulp Fiction (1994)						★★½ Romeo Is Bleeding	



FEATURES

Frugal Living

Top 10 things you should buy used

Sara **NOEL**

Buying used isn't for everyone, and that's terrific news. That means there's more for the rest of us.

The prices on just about everything are out of control, so more and more people are practicing frugality to beat the high cost of living. While some people will continue to buy things new, many admit they wish they hadn't wasted the money.

Let's consider everything you've bought brand shiny new in the past year. How much do you think you could have comfortably bought used? I'll share my top-10 list of everyday items you can buy used, so you can save hundreds of dollars this year. Not only that — they often have enough usable life for you to pass them on, too. Think price and planet.

TOYS AND GAMES: Wash used toys, and they're as good as new. Many kids quickly grow tired of toys, so there's never a shortage of them available used or free.

Preowned video games are sold at a considerable discount. You can trade back your old games, too. Consider just bikes and outdoor play equipment, and the savings add up quickly.

BABY ITEMS: Babies grow fast, so clothing and gear can be found cheaply secondhand. If you're buying gear, check for recalls at www.cpsc.gov and www.recalls.gov. Let people know you're open to hand-me-downs, too. What you save can go straight to the baby's college fund.

CARS: Let someone else eat the depreciation. To avoid problems, research before buying. Know the value of the car, and get a mechanic's inspection and opinion. Check the car's history at Auto Check (www.autocheck.com).

MUSIC AND MOVIES: Cassettes, CDs, DVDs and instruments are often sold after the owner has lost interest. It's difficult to know whether a child will maintain interest in an instrument, so buying used is a practical decision. Used instruments can be donated at places such as Charity Music Inc. (www.charitymusic.org/websiteindex.html). Instruments are loaned at no charge to disadvantaged children.

HOUSEWARES: Even professional designers look for secondhand accessories. You can find great deals for your home on items such as appliances, tableware, linens and framed art, to name a few — all for a fraction of the cost.

FORMAL DRESSES: It's become fashionable to wear used vintage formal gowns. Teens attending the prom have a chance to wear a unique dress that was probably worn only once by someone else. Consider paying it forward after the prom by donating it. The Glass Slipper Project (www.glassslipperproject.org/yostate.htm) has a listing of programs that accept them. Help make the prom special for someone else.

FURNITURE: Consider floor models to get deep discounts. Antique furniture is interesting and unusual. For next to nothing, you can find quality used furniture that needs only upholstering or a little sanding or paint. Furnishing an office can be expensive, but with liquidations, closeouts and plenty of resellers, it doesn't make sense to buy new.

CRAFT SUPPLIES: Whether it's small items like yarn or big items like a kiln, craft hobbies don't have to be hard on your wallet. Have craft supplies collecting dust? Consider joining a craft swap. Swap-bot (www.swap-bot.com) has swap listings and helps organize swaps.

BOOKS: Textbooks are expensive, so buying used cuts costs. Places such as Abe Books (www.abebooks.com) can help you find titles for less. Between libraries, used bookstores, garage sales and thrift stores, books can be found cheap or free. You can buy books or donate to help support literacy at Better World Books (www.betterworldbooks.com). Consider swapping books you're done reading and pick up some you want to read by visiting Paperback swap (www.paperbackswap.com). Before throwing books away, consider donating them to organizations such as Books for Soldiers (www.booksforsoldiers.com) and Books for the Barrios (www.booksforthebarrios.com).

HOUSES: Many older homes are better constructed and have more character than their newer counterparts. In many areas, they are on larger lots, on a street where all the homes are architecturally different and with mature landscaping, too. Often, buyers can get more features for their money in an older home than by building new.

Sara Noel is the owner of Frugal Village (www.frugalvillage.com), a Web site that offers practical, money-saving strategies for everyday living. To send tips, comments or questions, write to Sara Noel, c/o United Media, 200 Madison Ave., 4th Floor, New York, NY 10016, or e-mail sara@frugalvillage.com

CALENDAR WATCH

Friday

- Ginger Hill Grange meeting, 8 p.m.
- Eucharistic Adoration, Our Lady of the Valley Parish, St. Dominic worship site, Donora, 9 a.m. to 10 p.m.
- Cash bingo, Church of St. Anne Parish, Rostraver Township, 7 p.m.
- Fish fry, St. Paul Episcopal Church, Monongahela, 11 a.m. to 6 p.m.

VALLEY GRAPEVINE

Daley aide in Washington Twp.

A legislative aide from the office of State Representative Peter J. Daley will be at the Washington Township Municipal Building, 1390 Fayette Avenue, 9 to 11 a.m. Friday to meet with constituents from Precinct No. 1 (Lynnwood and Fairhope). Matters dealing with state government can be referred to this office.

Pancake, sausage breakfast planned

Charleroi Knights of Columbus will hold a pancake and sausage breakfast 8 a.m. to 1 p.m. Sunday at Marian Hall of Mary Mother of the Church, Seventh Street and Washington Avenue, Charleroi. For takeouts, call (724) 483-2455.

St. Anthony group to meet

St. Anthony Altar Rosary Christian Mothers, Monongahela, will meet following Mass and rosaries Monday in Father Abbate Hall. John Krempasky will demonstrate his collection of musical instruments with musical selections for the members. ARCM members are reminded to attend Mass as a group Sunday at the 8 a.m. Mass.

CWCC to meet at MVH Monday

The meeting of the Catholic Women's College Club will be held 6 p.m. Monday at the Anthony M. Lombardi Education Conference Center at Monongahela Valley Hospital. Members are to bring valentines and stamps for the various committees to use. Donated gifts are also welcome.

Feb. Fourthers celebration set

The February Fourthers 78th annual birthday celebration will be held 6 to 9 p.m. Monday at Meloni's Restaurant, 105 West Main St., Uniontown. The buffet dinner will include roast beef, fried chicken, baked fish, cabbage rolls, pasta with Meloni's sauce, mashed potatoes, gravy, hot vegetable, salad, bread, ice cream and beverage. A photo will be taken for the newspaper. All Feb. 4 birthday celebrants and guests are welcome. For reservations, call Valerie E. Pelehac, corresponding secretary, at (724) 246-2690. or e-mail pelehac@verizon.net.

VALLEY CLUB NOTES

Italian American Heritage Society

A small crowd (due to inclement weather) was in attendance as President Fred Fundy opened the meeting and led the group in prayer.

Vice President Jack Cattaneo introduced the speaker of the evening, Luther Sheets, chief operating officer of Southwestern Pennsylvania Human Services. Sheets is a graduate of Charleroi High School and Point Park College. Presently he is a resident of Charleroi.

The minutes of the previous meeting and financial report were presented by the Secretary-Treasurer Angela Caporossi. Dr. Thomas Tredici, of Texas, sent a donation to the scholarship fund.

Cattaneo announced that the speaker for the April meeting will be consumer advocate Mary Bach.

The annual Feast of St. Joseph will be held the fourth Thursday of March since the regular meeting night would fall on Holy Thursday. Details will be given at the February meeting.

The monthly monetary award was won by Gary Cope. Other prizes were won by Elvira Altomari, Eloise Baranowski, Caporossi, Cattaneo, Marie Ciccarelli, Cope, Pauline DeRose, Delfo DiGregorio, Bruna Falbo, Fundy, Will Harris, Rene Moncini, Helen Murin, Angelo Ripepi, Jim Sparacino and Evelyn Winn.

Co-chairpersons Sara Kostelac and Evelyn Winn and their committee used a blue, white and silver color theme and served refreshments. Showmen and ornamental trees decorated the tables.

The next meeting will be 7 p.m. Feb. 21 at the Epiphany Church Hall.

Polish Heritage Club

At the recent meeting of the Polish Heritage Club, Uniontown, members discussed issues for 2008 and elected new officers to serve for two years.

The annual observance of Polish Constitution Day will be held May 4 and the 400th anniversary of the arrival of Poles at Jamestown, Va., will be observed in October.

President Ben Stawowy thanked individuals for their roles in the annual Wigilia, which was conducted Dec. 14 with 128 registered participants.

The results of the election were as follows: President Helen Sobek, Vice President Veronica Mrozek, Treasurer Cathy Duhon, Secretary the Rev. Joseph Sredzinski and Marszal Chris Kaczmarczyk.

Free tax help available to seniors at various sites throughout Valley

Tax returns for 2007 will be completed free of charge to any senior citizen over 60 years of age and to any low income taxpayers.

The service is provided through AARP by appointments only at several sites throughout the tri-state area Feb. 1 through April 11. The taxpayer must call for an appointment at one of the following sites:

- Center in the Woods, Route 88, California, (724) 938-3554. Returns will be completed Monday through Friday.
- Center on the Hill, 100 Summit Road, Washington Township, (724) 930-8512. Returns will be completed Monday and Wednesday.
- Perryopolis Senior Citizen Center, 403 Liberty St., Perryopolis, (724) 736-2250. Returns will be completed on Mondays.
- Donora Senior Citizen Center, 700 Meldon Avenue, (724) 379-6446. Returns will be completed on Wednesdays.

The volunteer who has been trained and certified by the IRS and the PA Department of Revenue is able to complete your federal and state tax return and also your property tax and rent rebate forms. The taxpayer must make an appointment and bring last year's tax returns, all of their 2007 tax documents and the original stamped 2007 property tax receipts. The completed returns will be filed electrically to the IRS. There has been an increase in the income level from $15,000 to $35,000 for property tax with the rebate from $650 down to $250. The rent rebate for the state of Pennsylvania has gone up to a high of $650 and a low of $500. Bring your property tax and rent receipts and let the volunteer see if you are eligible for a refund.

The following types of tax returns can not be completed at these sites: rental, depreciations, farms, business, amended returns from previous years, and any complex returns. These need to be completed by a paid professional.

A Very Special Way To Say...

Happy Valentine's Day

To Your Child, Grandchild, Niece, Nephew, Favorite Baby or Sweetheart

To Be Published

Thursday, February 14, 2008

Valentine Sweethearts

It's easy, just send us a cute color photo. Include child's name and a short personal message and mail to us by Thursday, February 7, 12 Noon. Your child's photo and message will appear on a special page Thursday, February 14, 2008.

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MAKING THE GRADE

Zilka named to Duquesne list

Ashley L. Zilka, a sophomore in the McAnulty College of Liberal Arts, has been named to the fall 2007 dean's list at Duquesne University.

She is the daughter of Phil and Linda Zilka, of Belle Vernon.

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

Today's clue: O equals X

"B TXJ KXPZG BG UF KNZ UDXIXCA XGC KNZ JAHGCJ AM YZOBLA... GAK JA YHLN KNZ YHJBL UHK KNZ JWBDBK." - NZDU XVWZDK

PREVIOUS SOLUTION — "Talent hits a target no one else can hit; genius hits a target no one else can see." - Arthur Schopenhauer

NEWS

Westmoreland hotel tax funds tourism agency

Levy pays for most of the operating costs of the Laurel Highlands Visitors Bureau.

By RICH CHOLODOFSKY
For The Valley Independent
rcholodofsky@tribweb.com

Westmoreland County's hotel tax has picked up most of the tab for the Laurel Highlands Visitors Bureau to market tourism in Westmoreland, Fayette and Somerset counties since 2002.

This year, Westmoreland is expected to kick in more than $500,000 to market the region, while Somerset chips in less than $200,000 and Fayette forks over only $20,000.

That may soon change.

Fayette officials will consider imposing a 3 percent room tax for its hotels and other lodging establishments.

Fayette has been the lone holdout in the region, opting to give the tourism agency the small annual stipend while Westmoreland and Somerset counties have imposed the tax for the last six years. Each room rented for overnight stays is taxed at 3 percent. The tax is levied in 64 out of 67 counties in Pennsylvania.

"I support Fayette County participating," Fayette Commission Chairman Vince Zapotosky said Wednesday. "I intend to put it up for a vote in February."

Political opposition previously stymied efforts to impose the Fayette tax. Officials estimate it could generate as much as $750,000 annually, said Julie Donovan, public relations manager with the Laurel Highlands Visitors Bureau.

Zapotosky, who joined the Fayette board this month, said he expects little opposition to the room tax.

"It's a no-brainer and not a burden to the citizens of Fayette County. We've only been providing them with $20,000 a year. We haven't done enough to allow the Laurel Highlands Visitors Bureau to take the next step," Zapotosky said.

The Ligonier-based bureau uses money generated from the hotel tax and state grants to purchase advertising in areas such as Cleveland, Columbus, Baltimore and Washington.

The agency spent about $1.2 million, or half of its $2.4 million budget, for those efforts to lure tourists to the region, Donovan said.

The other half covers the operation of visitors centers, and administrative and other costs.

Westmoreland officials this week started to solicit applications for tourism grants that are awarded to local groups from the money collected each year from the hotel tax.

This year, officials expect to award about $300,000 in local grants.

Westmoreland County is expected to turn over nearly $523,000 to the visitors bureau this year from proceeds the hotel tax generated in 2007.

Since 2002, Westmoreland County has given the bureau more than $2.5 million.

Over that period of time, the collection of the room tax has increased by 28 percent. According to county Treasurer Kathalyn O'Brien, there are 90 hotels in Westmoreland, with 2,691 rooms.

The county gave the tourism agency $30,000 a year before the tax was implemented.

"From our perspective, we're getting our money's worth," said Westmoreland Chairman Tom Balya. "Ultimately the goal is to fill rooms and bring people to Westmoreland County. Each year the numbers have gone up."

Westmoreland County turns over 60 percent of the hotel-tax revenue to the visitors bureau. One-third of the money raised, about $854,000 since 2002, pays for local tourism grants. The remaining 7 percent of the tax proceeds goes to a local heritage association.

"Our goal is to promote tourism and the organization responsible for that is the Laurel Highlands Visitors Bureau. Clearly, if we want to bring people to the region we have to market in other regions," Balya said.

Somerset County, which also approved the 3 percent hotel levy in 2002, turns over only 30 percent to the Laurel Highlands Visitors Bureau.

In 2006, the latest year that numbers were available, Somerset County raised $618,000 from its hotel tax, with about $185,000 going to the bureau.

The remaining 70 percent of the hotel tax money pays for a tourism grant program and other programs authorized by the county commissioners.

"It's been very successful," said Somerset Commissioner Jim Marker.

"We believe in the regionalization of tourism and what the visitors bureau does benefits Somerset County."

Marketing efforts are not related to how much each county donates to the tourism agency, Donovan said.

"What it's about is promoting the Laurel Highlands. A visitor does not know county lines. We're all about promoting the region as a whole," Donovan said.

Tax cut debate comes to a halt

Discussion bogged down in a dispute over how many homeowners should benefit.

By MARTHA RAFFAELE
Associated Press Writer

HARRISBURG — The debate over property tax cuts sputtered to a halt Wednesday in the state House of Representatives, bogged down in a familiar dispute over how many homeowners should benefit.

The House ended its session in the afternoon without revisiting the tax cut debate that has dominated House action this week.

House Democrats have placed a property tax cut bill high on their election-year agenda, even as Gov. Ed Rendell's administration has stressed that slot-machine gambling revenue will deliver tax cuts to homeowners — and workers who pay Philadelphia's wage tax — in the 2008-09 fiscal year.

Democratic leaders criticized a plan that was overwhelmingly approved Tuesday to dedicate the slots money — an estimated $1 billion a year — exclusively to tax breaks for lower-income senior citizens. The measure needs another favorable vote to be sent to the Senate, and other amendments are awaiting consideration.

The plan sponsored by Rep. John M. Perzel, of Philadelphia, a veteran Republican floor strategist, undercut a proposal that would have given all homeowners lower property taxes in exchange for higher sales and income taxes.

Perzel's amendment would provide full tax cuts for seniors with household incomes of as much as $40,000 but would not reduce taxes for about 2.7 million families now on track for such reductions.

Rep. David Levdansky, of Forward Township, chairman of the House Finance Committee, said Perzel's measure also ran counter to the promise of lower taxes for all Pennsylvanians that was embedded in the 2004 state law that legalized slots.

"The property tax reform train needs two rails: It needs to both provide assistance to seniors, and it needs to help provide assistance for everybody else," said Levdansky, a Democrat. "John Perzel's amendment derailed the train last night."

Republicans said they were disappointed that no further debate would take place.

They defended Perzel's proposal as a remedy that would provide tax cuts to the neediest homeowners without raising taxes.

"Maybe (the Democrats) feel that because it's our idea, not theirs, they're kind of embarrassed," said Rep. Mario Civera of Delaware County, the ranking Republican on the House Appropriations Committee.

Senate Majority Leader Dominic Pileggi, R-Delaware, said Perzel's plan was worth considering.

"I think the concept is fundamentally sound," Pileggi said.

It was unclear when the House might take up the measure again, although House Majority Leader Bill DeWeese said Democratic leaders would try to negotiate a compromise with their GOP counterparts.

"The debate will be ongoing," said DeWeese.

Associated Press
Mount Airy Casino Resort owner Louis DeNaples, right, stands with the Rev. Joseph Sica before testifying in front of the Pennsylvania Gaming Control Board in Harrisburg in this 2006 file photo. Authorities announced Wednesday that they have charged DeNaples with perjury and have accused him of lying about his ties to organized crime. Father Sica also was charged with perjury several weeks ago as part of the same investigation.

Pocono casino owner charged with perjury

Northeastern Pennsylvania businessman Louis A. DeNaples is accused of lying to a grand jury about his links to organized crime.

By MARC LEVY
Associated Press Writer

HARRISBURG — Louis A. DeNaples, who had long drawn the attention of investigators looking into the once-powerful mob in northeastern Pennsylvania, won a license from state regulators for a slot-machine casino that promised to spread economic cheer to the region.

But the wealthy businessman now faces perjury charges, accused of lying to state gambling regulators about his relationships with reputed organized crime figures. As a result, he is barred from setting foot into the Mount Airy Casino Resort that he opened in October.

DeNaples was charged Wednesday with four counts of perjury after a seven-month investigation by a Dauphin County grand jury into what he told the Pennsylvania Gaming Control Board during a prelicense background investigation. His company, Mount Airy No. 1 LLC, also was charged.

Contrary to DeNaples' statements to the gaming board, the grand jury found that the 67-year-old businessman had close relationships with William D'Elia, the alleged head of a Scranton-area organized crime family, and the late Pennsylvania organized crime boss Russell Bufalino.

The grand jury's 23-page presentment said the family relationship between D'Elia and DeNaples ran so deep that, after his father died, DeNaples gave his father's rosary beads to D'Elia. And Bufalino once gave DeNaples the ring he was wearing after DeNaples complimented it, the grand jury said.

Prosecutors said DeNaples also lied during the background investigation about his dealings with two figures in Philadelphia's recent municipal corruption scandal — Ron White and Shamsud-din Ali.

"I'm confident that the questions were clear, and that there could be no misunderstanding as to whether or not Mr. DeNaples understood those and he answered falsely," Dauphin County District Attorney Ed Marsico said during a press conference. "There are serious ramifications and there should be."

Each perjury count carries a maximum penalty of seven years in prison plus stiff fines, Marsico said.

DeNaples denied the allegations through a spokesman.

"Anybody who knows Louis DeNaples knows that he tells the truth," said Kevin Feeley, the spokesman. "And he's eager to have the chance to show he did exactly that before the gaming board."

DeNaples is expected to turn himself in within a few days, prosecutors said.

The charges came barely a year after the state allowed the first slot-machine casino to open in Pennsylvania.

The emergency suspension of DeNaples' casino license allows Mount Airy to continue operating, but prohibits him from exerting control over it, profiting from it or even entering it. The gaming board will decide next week whether to let Executive Director Anne Neeb's order stand. Mount Airy's management, which includes DeNaples' daughter, for the time being will report to the agency.

DeNaples, whose interests stretch from banking to landfills to real estate, cuts a large figure in northeastern Pennsylvania, giving generously to schools, charities and political campaigns.

A self-made businessman who never went to college, DeNaples opened his casino and hotel on the site of the storied, but shuttered, Mount Airy Lodge resort. In three months, the casino's slots have generated over $28 million in revenue.

The gaming board voted unanimously to license the casino in December 2006. Its exhaustive background investigation into DeNaples found nothing to prevent him from being licensed, the gaming board said.

He won the license despite pleading no contest in 1978 in a scheme to defraud the federal government and the appearance of his name in various state and federal intelligence reports on organized crime over the years.

Through Feeley, DeNaples has maintained that he has not had ties to organized crime.

Fallowfield bridge still blocked off

Concerns about guardrails keeps Fox Stop Road Bridge closed to traffic.

By CHRIS BUCKLEY
Staff Writer
cbuckley@tribweb.com

FALLOWFIELD TOWNSHIP — Replacement of the Fox Stop Road Bridge has been nearly a decade in the making, but residents in the vicinity of the span will have to wait a little while longer before they can use the new bridge.

Speaking to the township supervisors during their regular monthly meeting Wednesday, resident Don Robison asked why the bridge was opened for two weeks and then closed again. A large rock blocks the entrance to the new span.

Supervisor Donn Henderson said the township is concerned about the guardrails around the bridge.

He said the guardrails don't meet state Department of Transportation regulations and engineers are working on improvement plans.

He said the positioning of the guardrails raise a concern that larger vehicles could get stuck trying to turn onto the span.

Henderson said once the township opens the bridge, the span becomes its liability.

In 1999, the state Public Utility Commission ordered the Wheeling and Lake Erie Railroad to replace the deteriorating bridge.

The railroad appealed the decision through the courts.

During the appeal process, the PUC issued an enforcement action requiring the railroad to begin the process for fixing the bridge.

The railroad sought to send the case to federal court, but a federal judge sent the case back to the state court system.

Ultimately, the railroad awarded a contract for bridge replacement. The bridge construction was ongoing in 2007.

In other business, the supervisors:

- Directed Solicitor Keith Melenyzer to write and advertise for passage a flood plain ordinance that the board can adopt in February.
- Ordered Melenyzer to write a grading ordinance, requiring those doing earth-moving work to report that work to the township.
- Announced that the township is seeking volunteers to serve on the zoning hearing, Uniform Construction Code/International Construction Code and police pension boards.
- Revealed that the street light fee for residents in Van Voorhis will rise from $37 per year to $39 per year.

Regola raises $221K for his re-election bid

For The Valley Independent

State Sen. Bob Regola disclosed in campaign finance documents filed Wednesday that he has a war chest of $221,468 for the 2008 election.

The reports, filed with the Pennsylvania Department of State, disclosed that the first-term Republican senator from Hempfield raised $220,317 last year for his campaign.

Regola's campaign committee, the Friends of Bob Regola, showed donations of more than $91,000 from 660 individuals.

His campaign also reported contributions from the Pennsylvania Manufacturer's Association and the National Federation of Independent Businesses.

"I believe that this fundraising effort shows that we are well positioned to have the resources to communicate our message over the course of this election," Regola said.

Regola, who upset veteran Democratic senator Allen Kukovich, a Manor Democrat, was elected in 2003.

To date, Regola has no Republican opposition in the April 22 primary.

Two Westmoreland Democrats, Anthony Bompiani, a chiropractor from Hempfield and a former Hempfield school director, and Greensburg attorney Chris Huffman have formed campaign committees.

Regola is awaiting trial on 3 counts of perjury, 3 counts of false swearing, 1 count of possession of a firearm by a minor and 1 count of recklessly endangering another person in connection with the death of a teenage neighbor.

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SUNDAY: 11AM, Wednesday

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SUNDAY: 11AM, Wednesday

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SUNDAY: 11AM, Wednesday

PRE-PAY WITH VISA MasterCard DISCOVER

GENERAL INFORMATION: The Tribune-Review Publishing Company reserves the right to edit or reject any advertising copy and determine the correct classification of any advertisement. MISPRINTS: Notice of error should be reported to the Classified Department immediately. The Tribune-Review Publishing Company will not be responsible for more than the cost of that part of an ad rendered valueless by the error. CONFIDENTIALITY: Confidential box numbers – we do not disclose the name of any advertiser using our classified pages. Persons answering File Number ads who wish to protect their identity can do so as follows: Place your reply in an envelope addressed to the File Box at the Valley Independent Classified Department, Eastgate 19, Monessen, PA 15062. Include the file number and a list of firms or persons you DO NOT want your reply to reach. If the advertiser is anyone you've listed, we'll destroy your reply. NOTICE: All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968 which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex or national origin, familial status or handicaps, or any intention to make any such preference, limitation or discrimination. The paper accepts only recruitment advertising meeting EOE standards. The newspaper will not knowingly accept any advertising which is in violation of the law.

AUTO DIRECTORY

A&L Motors
BMW
3780 William Penn Hwy. Rt 22
Monroeville, PA
877-252-6952

B Bogdewic
Chevrolet
The Little Guys in Bentlyville
724-239-2121

Century III
Dodge
911Clairton Blvd. Route 51
412-469-2800

C. Harper
Autoplex
Rts. 51 & 71
Belle Vernon, PA
724-929-8000

C. Harper
Ford
Rt. 51 Belle Vernon
727-929-2900

Davies
Ford of Charleroi
Route 88-McKean Ave.
Charleroi, PA
724-483-5541

Davies
Ford of Connellsville
Route 119 N.
Connellsville, PA
724-628-2720

Elite Motors
Country Club Road
Monongahela, PA
724-258-5124

Franks Service Garage
Chrysler
57 E. Donner Ave.
Monessen, PA
724-684-9100

Gerry Raymond
Chrysler • Jeep • Dodge • Subaru
4803 Rt. 51
Belle Vernon
724-379-7300

Monongahela
Ford
210 Fourth St
Monongahela, PA
724-258-8800

Rainbow
Honda
Route 40 Richeyville, PA
724-632-6853

Rotolo
Dodge • Chrysler • Jeep
Rt. 88 Charleroi, PA 15022
724-489-9571
www.rotolomotors.com

Sedney
Buick-Pontiac-GMC Trucks
Route 88, N. Charleroi, PA
724-489-9547

Solomon
Ford
Routes 40 & 43
Brownsville, PA
724-785-5500
www.solomonauto.com

Solomon
Chrysler-Jeep-Dodge
Routes 40 & 43
Brownsville, PA
724-785-8000
www.solomonauto.com

Solomon
Chrysler-Jeep-Dodge
Sea-Doo • Ski-Doo • Can-Am
Routes 21 & 88
Carmichaels, PA
724-966-2400
www.solomonauto.com

Tregembo
Ford
170 Exit 32B
Bentlyville, PA
724-239-2200

Uniontown Toyota
650 West Main St. •
Uniontown, PA 15401
724-437-8422

Washington
Ford
507 Washington Road Route 19
Washington, PA
724-225-5100

Woltz & Wind
Ford
2100 Washington Pike
Carnegie, PA 15106
412-279-4551

3 Rivers Volkswagen
3694 Washington Road
McMurray, PA
724-941-6100

1000/GENERAL

ARMANDO'S PIZZA energetic type wanted for fast paced shop. Apply in person 538 Fallowfield Ave., Charleroi.

BEACON SUPPLY full-time showroom sales Send resume to P.O Box 188, Belle Vernon, PA 15012.

CALIFORNIA MOTOR ROUTE DRIVER
- 68 Papers Mon -Sat
- California/Malden Area
- Approx. $850/month
- 2½ hrs. daily

CALL 724-684-2648

CIRCULATION ASSISTANTS
Opportunities to Join a Winning Team!

The Tribune-Review Publishing Company has open positions for Part-time Circulation Assistants.
Currently an exciting opportunity exists for the right individual. A chance to earn, learn and advance.

- Steady Part-time, approx. 30 hrs./wk.
- Early morning hours
- Delivery & customer service skills necessary
- Work Independently
- Competitive wage & auto allowance

If interested, call Ken Planinsek at
724-850-2826
TRIB TOTAL MEDIA

CLEANING- daylight Mon.-Fri. Full & part-time positions. Must have vehicle & driver's license. Serious inquiries only, call Krystal Klean 724-483-2171

PEOPLE READ SMALL ADS.. **YOU JUST DID**

1000/GENERAL

COOKS & DRIVERS- Campy's Pizza, Rt. 88, Charleroi. Please apply in person.

DOWN ROUTE DRIVER
Part-time position, approximately 25 hrs./week. Assist district managers with the delivery of newspapers to subscribers on routes that temporarily have no carrier. Must possess valid PA driver's license and reliable vehicle. Hourly rate plus mileage. Applications available at The Valley Independent, Eastgate 19, Monessen, PA 15062 or email your resume to lhutchison@tribweb.com

ELECTRICAL-MECHANICAL Service Tech with electric control experience. Must have valid drivers license. Some overnight travel required. Excellent pay & benefits. Send resume to Box 893, c/o Valley Independent, Eastgate 19, Monessen, PA 15062.

FIELD SERVICE TECHNICIAN
Local company seeking Field Service Technicians. Responsible for repair and calibration of industrial scales. Electronics and mechanical experience a plus but not required. Competitive wages plus full benefit package including medical insurance and 401K. Send resume to Kanawha Scales & Systems, 579A Park Way, Monongahela, PA 15063.

FINISH TRIM Carpenter, full-time. Will train. Some carpentry experience necessary. Call 724-872-5930.

HAIRSTYLIST
Great opportunity. Full-time or part-time. Guaranteed salary plus incentives. Paid vacation & holidays. Benefits. FREE continuing education.
Fantastic Sams
Belle Vernon
412-302-8661 or
724-929-9550

LIKE A CHALLENGE? Join Our Team! Immediate opening for Special Education Teacher in a day treatment program. New, retired, experienced welcome. Full or part-time, salary/benefit options available. Fax resume to: Karry at Agape, Inc 724-684-5802.

1040/MEDICAL

Bentleyville Openings

MENTAL HEALTH TECHNICIANS/FULL TIME
Bachelor level worker to assist residents with activities of daily living. 40 hr pwk.
Full Benefits.

SOCIAL SERVICE AIDE 1/PART TIME
Aides needed to assist consumers with personal activities at Enhanced Personal Care Home.

RN or LPN/Part Time/PART TIME
Needed for residential program in Bentleyville.

Resumes with references and letter of interest should be sent to:

Mental Health Association
15 South College Street
Washington, PA 15301

FAX: 724-225-4770
Email: mhawashco@verizon.net

E.O.E.

1000/GENERAL

LOADER OPERATOR
Full-time position in the Clairton area. Experience in heavy equipment operation needed. Must be willing to do other industrial plant duties. Excellent fringe benefits. Background check and drug test required. FAX resume to: 412-233-4421 or leave phone message at 412-233-0626.

MANAGER
Needed for hair salon. Full-time. Send letter of interest and/or resume in confidence to Box 892, c/o Valley Independent, Eastgate 19, Monessen, PA 15062.

MH/MR Support Staff
Laurel Highlands Foundation, Inc., a non-profit organization that supports persons with MH/MR developmental disabilities, is currently seeking part-time and full-time support staff to work in our community homes in the West Newton, Turkeytown Rd., New Stanton, and Elizabeth areas. No experience is necessary. Paid training. Must be at least 13 years of age and have valid PA driver's license. Starting rate is $8.63/hour with benefits after 90 days, increase to $8.86/hr after 6 months. EOE. Call ONLY Mon.-Fri. 9-3pm. 412-825-9141.

1000/GENERAL

MECHANIC/ LOADER OPERATOR
Full-time position in the Clairton area. Experience in heavy equipment (loaders) repair/maintenance/operation needed. Must be willing to do other industrial plant duties. Excellent fringe benefits. Background check and drug test required. FAX resume to: 412-233-4421 or leave phone message at 412-233-0626.

NEWSPAPER INSERTERS
- Saturday mornings only
- Shift starts at 12 midnight thru 4am
- $7.15 per hour + shift differential + quarterly bonus
- This job entails placing *pre-made* inserts packages into the paper.
- Involves bending, stooping, lifting & standing for extended periods of time
- Pre-employment screening

Applications available at
The Valley Independent
Eastgate 19
Monessen, PA 15062

NOTICE TO READERS:
While work-at-home and other informational advertising is often legitimate, we advise readers to fully investigate the background of any company before paying a fee. If an offer sounds "too good to be true", it probably is. Proceed with caution if you are asked to send money or in calling 900 numbers. All phone numbers prefixed by "900" are charged to the caller on a per minute or per call basis. The Valley Independent makes every effort to qualify these charges for the reader. Remember, if you have any doubts, investigate!

OFFICE MANAGER for local excavating company. Full-time w/ benefits. Fax resumes to: 724-379-8235.

PART-TIME Position for a Cricket cellphone retailer. All shifts, incl. evenings til 7 & weekends. Sales/computer experience helpful. Apply in person at: Dee's Cricket, near Beer Arena in Belle Vernon.

PROGRAM ASSISTANT to provide a caring, family-like environment in the Belle Vernon area. Responsible for assisting with the day-to-day operations of a group home. Benefits available. Call to schedule interview 724-929-8137. EOE

REAL ESTATE SALES
Licensed or unlicensed. 45 year old company expanding. BE PART OF THE EXCITEMENT! Free in-office training.
Call Cindy Taylor

Century 21
FRONTIER REALTY
724-483-3004

SECURITY GUARD
Immediate Opening
For Part-Time
Security Guard
MON VALLEY
CARE CENTER
200 Stoops Drive
Monongahela, PA 15063
Please Call To Apply
724-310-1111

1015/AUTOMOTIVE

AUTOMOTIVE TECHNICIAN DIESEL TECHNICIAN

"Join Washington County's number one volume Ford dealership in both sales and service."

We offer:
3 weeks paid vacation
401K and Profit sharing
Pension Plan
Credit Union
Hospitalization
Uniforms
Paid Training
Premium Warranty Pay
5-day work week

We require
PA State Inspection-Emission License
Ford-Lincoln-Mercury Certification

For a confidential Interview:
Please call
Joe Sharp,
Service Manager
Washington Ford
507 Washington Road
Rt. 19
Washington, PA 15301
724-223-5100

1040/MEDICAL

NURSE'S AIDE- 3-11 shift only. $7.25/hr. Apply in person: Country Care Manor, Fayette City 724-326-4909.

PR & FRONT DESK PERSON Exp preferred. Must be inclined toward natural health care. Send resume to Complete Health 4313 Rt. 51, Belle Vernon, PA 15012.

RN's/LPN's Stressed Out?
Work for a company that offers one on one home care with the added comfort of working close to your home. Nurses needed to care for 6 yr. old w/g-tube in Belle Vernon Wednesdays 7am-6pm.
Call Krisha Now!
1-800-447-2030
EOE M/F/V/H

Int-rim. PEDIATRICS

TITLE CLERK
Part-Time
Please Apply in Person At
Gerry Raymond
Chrysler Jeep Dodge Subaru
Rt. 51, Belle Vernon
724-379-7300

1025/DRIVERS

LIFT VAN DRIVERS & Taxi Drivers. Must have clean drivers license. Apply at Tri County Access, 1001 Meldon Ave., Donora

1040/MEDICAL

Highlands Hospital

Manager Respiratory Therapy
Respiratory care practitioner with experience in both clinical & administrative functions. Will manage cardiopulmonary department, oversee operation of newly opened Sleep Lab, and provide respiratory therapy services to both inpatients and outpatients.

Assistant Director Rehab
Licensed PT to assist Director with coordination of rehab services (including speech and OT) and on-site fitness center. Will also provide clinical PT services to both inpatients and outpatients.

Clinical Dietician
RD or registry eligible, to work with inpatients and outpatients, and teach nutrition at local schools.

RNs - ICU, ER, Cardiac Rehab
Requires critical care training, related experience preferred.

Mental Health-RN,LPN Activity Therapist
For inpatient care setting. Related experience or a sincere interest in developing mental health nursing skills required.

Nurse Practitioner
CRNP with mental health and/or research experience. Must be independent worker and detail oriented.

Respiratory Care Practitioner
Registered or certified respiratory care practitioner.

Aerobics Instructor
Certified aerobics instructor. Will teach 4th through 12th grade students during school hours, hours and schedule will vary.

Unit Clerk
Casual Position. Certification or experience required.

Full-time and part-time positions include full benefit package. Casual and 'Weekender' positions also available. Free on-site parking. On-site fitness center! Easy location just off Rt. 119S between Greensburg & Uniontown. Send resume or call for application.

Human Resources Dept.
Highlands Hospital
401 E. Murphy Ave.
Connellsville, PA 15425
724-626-2314 E.O.E.

1050/SALES

OUTSIDE SALES REPS

Full or Part Time
Flexible Hours
Excellent Income Potential

We are looking for aggressive, results-oriented salespeople to join our team to market Home Delivery of
Tribune-Review Publishing Company
Crew leader, storefront and door-to-door positions are available.
Please call 412-610-6378
8am-5:30pm Monday
8am-3pm Tues. & Wed.
8am-12 Thursday
Closed Friday

1110/BUSINESS OPPORTUNITY

MONESSEN ROUTE AVAILABLE
Coolidge Ave.
Mellon Ave.
No Collecting
Only 13 Papers
Call 724-684-2647

SEVERAL ROUTES AVAILABLE
MON VALLEY AREA
Tribune Review
Call Jason
at 724-272-4437

SINGLE COPY
Monongahela Route
Open
Deliver To
Stores & Rack
1 ½ Hrs. Daily
Call 724-684-2647

SPEERS ROUTE OPEN
24 Papers
Davidson Dr.
No Collecting
Call 724-684-2647

1120/SITUATIONS

WILL CARE for your loved one. Will do light housekeeping, cleaning & cooking. 5 days/week. After 5. 724-930-7935

2010/ESTATE NOTICES

Demczyk, Max
ESTATE NOTICE

Letters of testamentary on the estate of MAX JOSEPH DEMCZYK, late of Rostraver Township, Westmoreland County, Pennsylvania, deceased, having been granted by the Register of Wills of Westmoreland County, Pennsylvania, notice is hereby given to all persons indebted to said estate to make immediate payment, and to those having claims against the same to present them without delay to

Donald C. Ducar,
Administrator
609 James Drive
Belle Vernon, PA 15012

Timothy M. Maatta,
Attorney
513 Schoonmaker Ave.
Monessen, PA 15062
1/31,2/7,14

6080/AUTOS FOR SALE

START OFF THE NEW YEAR RIGHT
LET UNIONTOWN TOYOTA HELP!
BIG CASH - LOW INTEREST RATES - SPECIAL LEASES
NEW 2008 COROLLA LE
$1000 TOYOTA CASH
$15,350 OR $165** MO.
ACTUAL SALE PRICE
36 MONTH LEASE W/$2000 DOWN
NEW 2008 CAMRY LE
$500 TOYOTA CASH
$19,839 OR $179** MO.
ACTUAL SALE PRICE
36 MONTH LEASE W/$2000 DOWN
NEW 2008 TACOMA 4X4
$500 TOYOTA CASH
$18,890 OR $219** MO.
ACTUAL SALE PRICE
36 MONTH LEASE W/$2000 DOWN
NEW 2008 4 RUNNER SR5 4X4
$1000 TOYOTA CASH
$28,548 OR $330** MO.
ACTUAL SALE PRICE
36 MONTH LEASE W/$3000 DOWN
NEW 2008 TUNDRA 4X4
3.9%†
$26,680 OR $278** MO.
ACTUAL SALE PRICE
36 MONTH LEASE W/$3000 DOWN
OR
4.9%
†
60
MONTH
FINANCING
COROLLA
CAMRY
TACOMA
4 RUNNER
† SALE PRICES INCLUDE ALL INCENTIVES. 1 FINANCE RATES THROUGH TOYOTA FINANCIAL SERVICES W/APPROVED CREDIT. ** LEASE PAYMENTS CALCULATED AT 10,000 MILES/YR. TAX, TAGS ADDITIONAL. 1ST PAYMENT, SECURITY DEPOSIT, $595 ACQUISITION FEES DUE AT DELIVERY. OFFERS EXPIRE 2/4/08
UNIONTOWN TOYOTA.com 724-437-8422

REAL ESTATE

3060/FOR SALE/WASH.

CALL FOR DETAILS

NOTTINGHAM TWP. 3 bedroom brick ranch. Peaceful country setting only 1 mile from Rt. 43. Many updates & amenities. Garage with work space. Deck. 4 seasons room. Home Warranty. Asking $139,521.

UNION TWP. 2 lots available in the Boyka Plan. All public utilities available. Asking $28,000 each.

CHARLEROI. 25 acres ready for development. $174,021.

Riverfront property call for details $169,021.

90 acres with many possibilities $343,021.

Century 21
FRONTIER REALTY
724-348-7470

DONORA

Reduced to $45,000. A lot of house for the money. 4 bedroom brick, fireplaces in living room & dining room, off-street parking. Call the Blakes 724-884-3216.

Keller Williams Realty, Bethel Park

MONONGAHELA- 2 bed brick ranch, huge private yard, new roof, a/c. Large clean basement. $84,900. Tracy Byczynski/PPR. 724-986-7086.

SHOP IN YOUR PJS. 24 HOURS A DAY. TRIBCLASSIFIEDS.COM. TRIB TOTAL MEDIA

3060/FOR SALE/WASH.

CALL FOR DETAILS

MONONGAHELA. Get more for your money. Solid 2 story brick home. 2 bedroom, detached garage. Good investment property or great starter home. Call today! $40,000.

CHARLEROI. Multi unit, 3 apartments, fully rented, low taxes. Bargain of the year! $39,500.

CHARLEROI. Commercial-business property. Store room, apartment, 5 car garage. Packed with potential! $38,900.

Century 21
FRONTIER REALTY
724-483-3004

RINGGOLD SCHOOLS

1. Reduced-Beautifully renovated 2 story home on Allen Avenue. 3 bedroom, 2 bath, garage, level yard and more. Seller motivated. Priced now at $57,900.

2. Solid brick Cape Cod on over ½ acre. 4 bedrooms, great layout. Charming appeal. See it and you'll buy it! Priced to sell at $114,900.

NORTHWOOD REALTY SERVICES
301 ASSOCIATES
724-929-1370

3065/FOR SALE/WMLD.

CALL FOR DETAILS

ROSTRAVER TWP. Beautiful residential lot in nice small plan of homes. No builder choice restrictions! Easy access to Rt. 51 and I-70. All underground utilities! Bring offers! $35,000.

Century 21
FRONTIER REALTY
724-929-2180

ROSTRAVER-foreclosed property. 15 yr. old 3 bed ranch w/garage. $145,000 value, needs some attention. Buy for $119,900. Get $10,000 rebate at closing. Net cost $109,900. Call 1-508-947-6932.

3540/APTS-RENT/FAYETTE

BELLE VERNON Area- modern 2 bedroom, equipped kitchen, free heat. Credit check $532. 724-222-1323.

3555/APTS-RENT/WASHINGTON

'CHARLEROI'
"THE NEW SMITH HOUSE"
Efficiency Apartment
' DONORA '
Nice Neighborhood
Large (2) 2 Bedroom Apartments
724-746-3997

CHARLEROI- 1 bedroom apt. $300 month. No security deposit. Call 304-266-7315.

BUY IT! SELL IT! FIND IT! ONLY IN THE CLASSIFIEDS. TRIB TOTAL MEDIA

3555/APTS-RENT/WASHINGTON

CHARLEROI- large clean 1 bedroom apts., new carpet, furnished. $275-$325, 1 mo. free. David 1-888-477-9773.

CHARLEROI. 1 bedroom furnished, some utilities inc. $300/mo. plus security. No pets. Call 724-483-2870.

CHARLEROI

1 & 2 bedroom apts. for rent w/intercom, wall to wall carpet, washer/dryer. $325-$400. Security deposit. No pets.
724-292-1189
724-396-1140

CHARLEROI 1 bedroom, cute, newly remodeled, all utilities incl. except electric. $450. Call 724-554-8282.

CHARLEROI

1 bedroom apt. Convenient downtown location. Secure bldg. Equipped kitchen, dishwasher, a/c, w/w carpet, laundry facility, community room, on-site parking. Applicants must be 62 yrs. or older & meet income guidelines. Call 724-438-3089.

3555/APTS-RENT/WASHINGTON

N. CHARLEROI- newly remodeled, 3 rooms & bath. $350 incl. utilities. Security deposit required. 724-938-2425.

SPEERS 2 bedroom town house. $500+ security & utilities. Appliances, central air. No pets. 412-812-2948, 412-812-2947.

3560/APT-RENT/WMLD.

LOWER BELLE VERNON large 2 bedroom, clean, no pets. Heat, garbage inc. $375. 724-323-7161.

N. BELLE VERNON newly remodeled 2 bedroom, 2nd floor. No pets. Security dep. req. $450. 724-322-0296.

3561/APT-RENT/OTHER

MONONGAHELA

Modern 1 bedroom apartment. Air conditioning, refrigerator, stove, elevator, intercom, laundry, storage, security. $350 + electric. Call 412-257-0902.

3605/HSE-RENT/FAYETTE

ARNOLD CITY 2 story, 2 bedrooms, bath, laundry hookup off kitchen, oil heat, yard. No pets. $400+ utilities. Call 724-929-7602 or 724-929-2232.

BELLE VERNON- Lower, 2 bedroom duplex, laundry. $340+ utilities & security. 724-684-7505, 724-929-7246.

SHOP IN YOUR PJS. 24 HOURS A DAY. TRIBCLASSIFIEDS.COM. TRIB TOTAL MEDIA

3620/HSE-RENT/WASHINGTON

MONONGAHELA- 2 bedroom, central air, 2 car garage. $550+ utilities & security deposit. Call 724-258-5813.

3625/HSE-RENT/WMLD.

MONESSEN- 2 bedroom house. $400 month + utilities. No pets. Call 724-736-2771.

MONESSEN- 2 bedroom, yard, newly remodeled, appliances included, garage. 420 Forest Section 8 accepted. /24-797-5611.

MONESSEN- ½ duplex, 2/3 bedroom, w/w carpet, clean & bright. $450 mo. plus utilities. Call 724-872-2775.

3626/HSE-RENT/OTHER

DONORA & BELLE VERNON (Westmoreland) clean single family homes for rent. Sec 8 ok. 724-322-4114.

3700/COMMERCIAL RE

MODERN OFFICE OR RETAIL SPACE
BELLE VERNON
719 Broad Ave., air conditioning, 1,500 sq. ft., off street parking.
MONONGAHELA
215 Chess St. 2,000 sq. ft. Call 412-257-0902.

STOREROOM on 1st Floor
Includes 2 apts. upstairs with separate utilities. LOCATED: McKean Ave., Charleroi. $19,500.
724-366-4946 or 724-438-4461

SHOP IN YOUR PJS. 24 HOURS A DAY. TRIBCLASSIFIEDS.COM. TRIB TOTAL MEDIA

5550/CATS

SIAMESE KITTENS- Blue Point & Chocolate. $125. Call 724-483-3039.

5600/LOST & FOUND

FOUND 2 yr. old orange & white male cat, neutered, has shots. Lover-Jonestown area. 724-483-5445.

6030/TRUCKS

2004 S10 Crew Cab-41K miles, tan, show room condition, garage kept. Nego. 724-483-7105.

6050/PARTS & ACCESSORIES

USED AUTO PARTS
At Affordable Prices
C&M AUTO RECYCLING
MONONGAHELA
724-258-3553

6060/VANS

2002 Ford E350 V8 diesel, $4,000. 2004 E250 Ford Econoline V8 gas, $7,500. 724-489-9561.

6080/AUTOS FOR SALE

1989 MERCURY Marquis. Very clean, 107K. Estate sale. $795. Call 724-483-6380.

RICH WEIDMAN AUTO SALES
724-736-2991
Formerly Diversified Auto Sales

CHRYSLER '96 Concorde one owner, 83,000 miles. A rare find. Tax Return Special. Only.....$2698

OLDSMOBILE '96 Ciera SL 4 door, 89,000 miles, sharp. Tax Return Special. Only.....$2699

CHEVY '95 Cargo Van one owner, 71,000 miles, new inspection. Tax Return Special. Only.....$2299

LINCOLN '92 Continental sharp, luxury ride. Tax Return Special. Only.....$2299

FORD '94 Taurus GL 4 door, new inspection, must see. Tax Return Special. Only.....$1699

OLDSMOBILE '97 88 Sedan new inspection, nice ride. Tax Return Special. Only.....$1699

NISSAN '93 Sentra 4 cyl., 5 spd., gas saver. Tax Return Special. Only.....$1499

FORD '98 Windstar Van very nice family ride. Tax Return Special. Only.....$2899

FORD 2000 Taurus Wagon leather, this is a must see. Tax Return Special. Only.....$3499

FORD '97 Explorer Sport 4WD, jet black, sharp. Tax Return Special. Only.....$3699

2010/ESTATE NOTICES

Small, Genevieve Josephine
ESTATE NOTICE

ESTATE OF GENEVIEVE J. SMAIL a/k/a GENEVIEVE JOSEPHINE SMAIL, DECEASED. Late of New Eagle, Washington County, Pennsylvania.

Letters Testamentary on the above Estate having been granted to the undersigned, notice is hereby given to those indebted thereto to make immediate payment and to those having claims or demands to present them for settlement.

ERNEST SMAIL
604 WOOD STREET
NEW EAGLE, PA 15067

DEBRA A. CROWNOVER
120 CRESTVIEW MANOR
MONONGAHELA, PA 15063

CO-EXECUTORS

KEITH A. BASSI, ESQUIRE

BASSI, MCCUNE & VREELAND, P.C.
P.O. Box [illegible]
511 FALLOWFIELD AVENUE
CHARLEROI, PA 15022
1/31;2/7,14

LOOKING TO MOVE? REAL ESTATE EVERY SUNDAY. CLASSIFIEDS WORK! TRIB TOTAL MEDIA

2030/MEETING NOTICES

PUBLIC NOTICE

The Washington County Board of Commissioners' Meeting scheduled for Thursday, February 21, 2008 at 10:00 a.m. in the Public Meeting Rooms has been rescheduled to Wednesday, February 20, 2008 at 2:00 p.m. at the same location. The quarterly Washington County Retirement Board Meeting scheduled for Thursday, February 21, 2008 will also be rescheduled to Wednesday, February 20, 2008 immediately following the Commissioners' Meeting in the Public Meeting Rooms.

WASHINGTON COUNTY BOARD OF COMMISSIONERS

Larry Maggi
Bracken Burns
Diana L. Irey

Mary E. Helicke
Chief Clerk
1/31

LOOKING FOR A NEW PAD? FIND IT HERE. CLASSIFIEDS WORK!

TOTAL MEDIA
NEWSPAPERS
RADIO
TELEVISION
MAGAZINES
INTERNET
PENNYSAVERS
TRIB TOTAL MEDIA

4000/ADOPTION

ADOPTION

Adoption is a courageous decision for you. We promise a life of love, safety, security to your precious newborn. Exp. pd. Laurie & Martin 1-866-202-4737 X 1025

4070/LOST & FOUND

FIND SOMETHING? LOSE SOMETHING?
Place your lost & found ad FREE. Runs 4 days at no charge. Call 724-684-5200.

LOOKING FOR A NEW RIDE? FIND IT HERE. CLASSIFIEDS WORK!

LOOKING FOR A FRIEND? CHECK THE PET DIRECTORY. CLASSIFIEDS WORK! TRIB TOTAL MEDIA

If we don't have it, you don't need it.
CLASSIFIEDS
TRIB TOTAL MEDIA

4100/PERSONALS

$195 DIVORCE COMPLETE
No-Fault Uncontested
Reisman & Davis, Pgh.
No Court Appearance or Travel To Office
Free Information
1-800-486-4070 24Hrs.

ALONE & PREGNANT?
A Confidential Caring Friend.
Free Pregnancy Test.
LIFELINE OF S.W. PA
Call Hotline 24 Hrs.
724-489-9020

5000/APPAREL & JEWELRY

HARLEY DAVIDSON leather & wool jacket XL, excellent condition, $130.00 724-872-0151.

5020/ARTICLES

BARBIES, incl. Disney Princesses, w/Barbie clothes & furniture. $25 for large container. 724-929-3455.

BEER CANS- 25 different Penguins, Steelers, Pirates. $2 ea. or $50 all. 724-483-3156.

MASSAGE PAD- full body, new, never used. $10. 724-483-8360.

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4100/PERSONALS

ASTRO ✦ GRAPH
Bernice Bede Osol

Your Birthday
FRIDAY, FEB. 1, 2008

AQUARIUS
January 20 through February 18

Don't be surprised if your entrepreneurial instincts are substantially awakened and heightened in the year ahead. They have been lying dormant for some time and are ready to explode into ventures that will carry you far.

AQUARIUS (Jan. 20-Feb. 19) -- Your paths could cross either unintentionally or deliberately with persons who are in positions to do much for you. Just be your pleasant self, and you will be treated with respect and consideration.

PISCES (Feb. 20-March 20) -- When you find yourself confronted with challenging developments, your stronger qualities will be quickly aroused. All it takes is your will to win to be awakened, and you will be a tough cookie to beat.

ARIES (March 21-April 19) -- Your observations and what you have to say about them will carry a great deal of weight with your peers, so don't hesitate to speak up, especially when it comes to group involvements. They will like what they hear.

TAURUS (April 20-May 20) -- If you give vent to your imagination, instead of making you fearful, it'll give you the necessary courage to deal with whatever it is that's causing your apprehension.

GEMINI (May 21-June 20) -- Balance and order can be restored in an arrangement that has been a bit unsettling lately. You'll find that you're not the only one who wants things resolved. All involved are amenable to improvement.

CANCER (June 21-July 22) -- Make your moves now because something on which you've been earnestly working can be brought to a successful conclusion at this time. When you see the opening, take advantage of it.

LEO (July 23-Aug. 22) -- Your mate or special friend will be appreciative if you give his or her concerns priority over all other issues. You don't have to do anything special; all it takes is your time and attention.

VIRGO (Aug. 23-Sept. 22) -- Everything you've been working on could come together now to provide both the material and mental rewards you're seeking. You should experience much gratification, as well as gain.

LIBRA (Sept. 23-Oct. 23) -- Important objectives can be achieved, but you'll have to take a circuitous route to get them. Instead of striving individually for the things you desire, you'll have to bring human relationships into the picture.

SCORPIO (Oct. 24-Nov. 22) -- Sometimes it is smart to leave your credit cards at home when you go out running errands, but this is one of those times it'll be an exception. You could spot a needed large-ticket item at a bargain price.

SAGITTARIUS (Nov. 23-Dec. 21) -- This is a better time than usual to make a verbal pitch for something important to you. You'll be much faster on your feet than usual and be able to express yourself in eloquent terms.

CAPRICORN (Dec. 22-Jan. 19) -- Those dark skies clouding your financial picture are starting to clear up. In fact, new conditions mark the beginning of some bright rays of hope finally moving in and breaking through.

4100/PERSONALS

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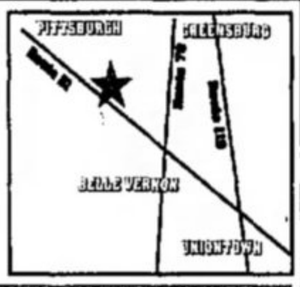

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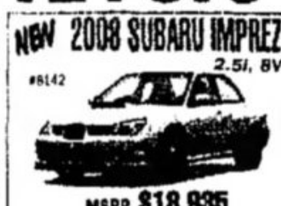
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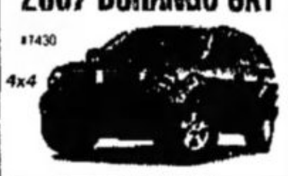
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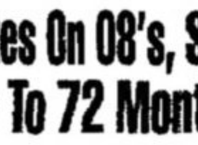
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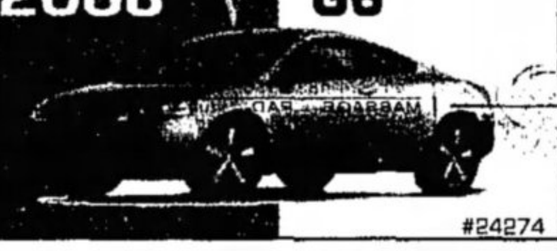
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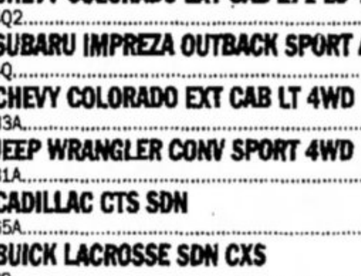
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Small goals add up to big changes

Expert recommends "mini-resolutions as the way to improve lives.

(ARA) – The year 2008 will fly by in the blink of an eye, but that doesn't mean it's too late to take the time to get your life in order. Every year, millions of Americans vow to change their lives: new job, new eating habits, new outlook on life. But many times, change is easier said than done.

Hollywood life coach Sherri Ziff Lester of Rock Your Life Coaching helps educate Americans about how small, sustainable "mini resolutions" can help make positive changes last throughout the year.

"When you want to make a positive change, like modify a behavior or take on something new, it is important to understand that change is a gradual process that takes time," says Ziff Lester. "I have found that the easiest and most effective way to achieve a goal is to break it down into a small, specific step you can reasonably accomplish each day."

Additionally, Ziff Lester notes that small goals mean making small changes which are easier to incorporate and maintain in any lifestyle. Numerous common goals can be broken down into mini steps to get closer to a larger accomplishment.

"If you want to eat healthier or reduce calories in the New Year, for example, don't deprive yourself of sweets. Instead, try substituting Splenda No Calorie Sweetener for sugar. If people start off small, they will see encouraging improvements motivating them to move forward with loftier goals."

Ziff Lester offers the following tips to help consumers make small lifestyle changes, both personally and professionally, that will ultimately yield big results in 2008:

■ Vowing to spend more time with your friends and family? Rather than focusing on an entire evening out, nurture relationships in short bursts. Try a 20 minute coffee date, meet at the grocery store to shop together or arrive five minutes early to pick up your kids at school and chat.

■ If you want to eat healthier, start with something you can easily change. Make a "mini resolution" to reduce sugar throughout the day by stocking your purse with new Splenda No Calorie Sweetener Minis — they're convenient and add guilt-free sweetness to coffee or tea.

> "I have found that the easiest and most effective way to achieve a goal is to break it down into a small, specific step you can reasonably accomplish each day."
>
> Ziff Lester

■ If you want to get out of debt, don't commit to a large sum of money you hope to pay throughout the year. Start small by developing a budget plan at the beginning of each month which details your spending and saving habits for that 30-day period.

■ If getting fit is a goal for 2008, don't vow to hit the gym seven days a week. Start small by signing up for a once-a-week exercise class. The time commitment is more manageable and the class schedule will hold you accountable.

■ Trying to get rid of all that clutter in your life? Don't take on the whole house; focus on just one drawer or congested corner. Identify at least five things you can part with and put them in your car to take the nearest charity next time you are running errands.

■ If you want to expand your horizons and meet new people, don't spread yourself too thin by making plans every night of the week. Instead, join a monthly book club or consider getting involved in a local charity event.

■ Have too much on your plate? Learn to say no — pinpoint two or three commitments that you can cut back to focus on what you really want to accomplish. Then say yes to small, meaningful steps to achieve that goal.

■ If you want to be more charitable, don't donate money to every cause. Choose an organization near and dear to your heart and donate your time and resources by participating in their charity events several times a year.

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Pass 'clean gene' to your children

Healthy habits can get them through cold and flu season.

(ARA) — Making a mess and eating things off the floor may seem to come naturally to your child — unfortunately, that's not the case with washing hands, brushing teeth and other healthy habits. Kids are not born with the "clean gene," but you can pass it along by teaching them fun ways to stay healthy during cold and flu season and all year long.

One thing every parent knows is that kids hate being sick. Helping them make the connection between not washing hands and being stuck in bed with the sniffles is easier than you may think. Explain what germs are and where they live, then paint a picture of how they travel — from a sneeze to a hand, to a toy, to another hand, to a mouth, etc. Then, teach them why washing hands is so important — to wash those germs right down the drain!

"Hands down, there is no better way to help stop the spread of viruses and other germs than hand washing," says Heidi Murkoff, best-selling author of the "What to Expect" series. "In fact, research shows that simple hand washing with soap and water can reduce the number of infections in children under the age of 5 by more than 50 percent."

ARA photo

"What to Expect: Guide to a Healthy Home" is a free booklet filled with germ-fighting strategies.

If you have ever seen your child wash his or her hands, you would probably think they were in a race against the clock. While kids think a two-second wash is more than sufficient, teach them that a really thorough hand-cleaning takes a solid 20 seconds of rub-a-dub-dubbing. That might sound like an eternity for a toddler, but you can keep it fun by having your child sing "Happy Birthday" or the ABC song twice to help them wash the right amount of time.

When it comes to germs (and sometimes toys), kids also love to share with their friends. Teach children what is nice to share, and what is not okay to share.

■ Okay to Share — Books, toys, crayons, pencils, and chairs.

■ Don't Go There — Combs and brushes, hats, toothbrushes, cups, forks, juice boxes, whistles and air instruments, and tissues.

Researchers have found that 60 percent of household surfaces are infected with influenza viruses during the cold and flu season if someone in the household is sick with it, says Murkoff. You can help prevent the spread of germs too, by using disinfecting wipes on commonly-touched surfaces, like phone receivers, TV remotes, kitchen and bathroom countertops, refrigerator door handles, plastic toys, light switches and toilet flushers.

■ Hands off! Explain to children that any time they stick their fingers in their noses, mouths or near their eyes, they are giving yucky germs a ride inside. That gives the germs a chance to land, multiply and make them sick. Tell kids they can keep those germs outside of their bodies by keeping their hands away from their noses, mouths and eyes.

■ Fight the flu. Influenza is in season every year, starting in October all the way through April. For some populations, including children, the flu can be very serious. In fact, it is estimated that each year in the United States, more than 20,000 children less than five years old are hospitalized due to the flu, and children less than two years old are even more likely to be hospitalized by the flu. Make sure kids know the vaccination will only hurt for a second, and will help prevent them from feeling really yucky for up to two weeks.

"The very best way to pass along the clean gene is to not just talk the talk, but also to walk the walk and wash the wash," says Murkoff. "Putting the hygiene agenda into practice yourself will mean your kids will be more likely to get with the anti-germ program too."

To get the full healthy habits lesson, check out the free "What to Expect: Guide to a Healthy Home," by Heidi Murkoff, the best-selling author of the "What to Expect" series available through a partnership with The Clorox Company.

Clorox provided a grant of $1 million to the What to Expect Foundation to support the Foundation's Baby Basics Program, which helps families in need expect healthier pregnancies, safer deliveries and happier babies. You can find more information and order or download a free guide at www.clorox.com/healthierlives.

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HSAs return power to the people

Accounts help offset the high cost of health insurance premiums.

(ARA) – Post-holiday bills and the approach of tax season aren't the only reasons why some people dread the first few months of the year.

This is also often the time when health insurance companies notify employers of hefty premium increases. This ends up being bad news for both employers and their employees.

While politicians, pundits, employers, workers – and even insurers – agree something needs to be done about the cost of health insurance, it's hard to find a common voice on just what that something should be. A growing number of employers and workers, however, feel they have found at least part of the solution, in the form of Health Savings Accounts or HSAs.

"In its 2007 Employer Health Benefits Survey, the Kaiser Family Foundation reports that since 2001, premiums for family health coverage have soared 78 percent," says Stephen Neeleman, CEO and founder of HealthEquity, Inc., a company that provides health savings plans. "By contrast, the survey also reports that wages have risen just 19 percent and inflation just 17 percent over the same period. Clearly, this is unbalanced and not sustainable."

Health Savings Accounts offer employers and workers a *tool* for cutting premium costs but not coverage, Neeleman says. "At the same time, the accounts put control of health care decisions – and costs – back in the hands of workers."

How does an HSA work? "Like a flex plan (FSA), but far better," Neeleman says. The high points of Health Savings Accounts include:

- Workers sign on for a lower premium health plan that has a higher-deductible for major events, typically free preventive care, and competitive discounts for first dollar care. The money saved on premiums goes into a tax-advantaged investment account that the employee can draw on to pay for covered qualified medical expenses.
- Both employers and employees can contribute to the account, but the money is ultimately controlled by the employee, who does not need the employer's or insurer's approval to draw on the account for qualified expenses.
- Unlike FSAs that are "use it or lose it," funds in Health Savings Accounts carry over from year to year. Because of this ability to carry over funds, it is possible to build a substantial account over multiple years. Meanwhile, you can build the account tax-free by investing the money in a variety of investing vehicles, including mutual funds.
- The account is not owned by your employer. If you leave your job, you still retain ownership of the account and can continue to use and contribute to it.
- Yearly contribution limits for 2008 are $2,900 for individuals and $5,800 for families. Rates are subject to change every year and are adjusted for inflation. Consumers that are 55 years or older can put additional contributions into the account. There is no cap on how much you can carry over from year to year, or earn through investment of the money.

> "Not only have I benefited financially from the Health Savings Account, I'm healthier because of it."
>
> John Sweeney

Health Savings Accounts are not just for the wealthy or the healthy either. John Sweeney, HealthEquity's vice president of marketing, has type 1 diabetes. Before joining the company and adopting a Health Savings Account/low-premium insurance plan, he was covered under a traditional plan – that would not pay $1,000 for a much-needed accessory for the insulin pump Sweeney used on a daily basis. He decided not to buy the accessory, which would have reported his blood sugar levels to the insulin pump every five minutes.

After starting a health savings plan, however, he quickly accumulated the money needed for the pump, and changed his mind about buying it.

"Not only have I benefited financially from the Health Savings Account, I'm healthier because of it," he says.

To learn more about Health Savings Accounts, visit www.HealthEquity.com.

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New Valentine's tradition: Keep your heart healthy

'Go Red for Women' program promotes better lifestyle.

(ARA) — Passion. Romance. Love. In this season when we celebrate the feelings of the heart, it's also fitting that we should celebrate heart health. This is especially true for women. Sadly, heart disease is the number one killer of women over the age of 25 in the United States.

The American Heart Association is trying to change this situation with its "Go Red for Women" program, which encourages women to love their hearts by understanding the risks they face and how to reduce them.

"We can no longer ignore heart disease," says Dr. Jennifer Mieres national spokesperson for "Go Red for Women" and director of nuclear cardiology for New York University School of Medicine. "While awareness is important, it's time for women to take action now."

So what can you do to keep yourself heart-healthy? Here's some good advice from the American Heart Association.

1. Stay Active

Your heart is a muscle — treat it like one. The only way to build muscle strength is to exercise. Current guidelines recommend at least 30 minutes of moderate daily activity.

No time to exercise? That's okay. Don't think exercise, think action. Instead of the elevator, take the stairs whenever possible; take a walk after dinner instead of sitting down and watching TV; park a few blocks from the office or store and walk the rest of the way.

2. Eat Smart

Healthy food habits can help you reduce three risk factors for heart attack and stroke — high blood cholesterol, high blood pressure, and excess body weight. Set the stage for success by eating a balanced diet with plenty of fruits, vegetables, cereal and grain products, fat-free and low-fat dairy products, legumes, nuts, fish, poultry and lean meats. You should also eat foods low in saturated fat, trans fat and cholesterol. Keep healthy snacks, such as pre-cut fruits and vegetables on hand, and drink plenty of water.

3. Take Time to Just Relax

We all feel stress from time to time, but too much stress over a long period of time, and unhealthy responses to it, may create health problems in some people. If you frequently feel exhausted at the end of the day both physically and emotionally, instead of turning to an unhealthy solution like drinking or smoking, find ways to relax.

There are a number of methods you can use: deep breathing, mental imagery, or simply turning on some soft music and lighting a fragrant candle when you come home for the day.

"The very act of lighting a candle has been proven to help reduce the stresses of every day living," says Rick Ruffolo, senior vice president of brand, marketing, and innovation at the Yankee Candle Company. "The soft glow of candlelight coupled with your favorite scent can have a calming influence, which helps your body rest and recharge."

Lighting a candle can help your heart and the hearts of the women you care about — mother, sister, daughter and friends — through Yankee Candle's "Light a Candle for your Heart" program, now in its third year of supporting the "Go Red for Women" movement.

According to Ruffolo, "We all care about the women in our lives. Most of our customers are women, so at Yankee Candle — we're even more passionate about supporting causes that help our customers live healthier lives."

Yankee Candle has donated over $150,000 the last two years to help encourage all women to adopt a healthier lifestyle including regular exercise, eating right, maintaining a healthy weight, and not smoking. The company hopes to top that number this year through donations generated by the sale of its candles. Learn how you can help at www.yankeecandle.com.

4. Quit Smoking

If you smoke cigarettes (or cigars), your risk of developing coronary heart disease is two to four times that of nonsmokers. You also have a higher risk of illness and death from heart attack, stroke and other diseases, including lung, mouth and throat cancers; chronic lung diseases and infections; congestive heart failure; and peripheral vascular disease (in the legs and arms).

The good news is that when you stop smoking — no matter how long or how much you've smoked — your risk of heart disease and stroke starts to drop. It is cut in half after one year without smoking, then continues to decline until it's as low as a nonsmoker's risk.

5. Maintain a Healthy Weight

If you have too much body fat, particularly around the waist area, you're putting yourself at risk for a myriad of health problems, including high blood pressure, high blood cholesterol, high triglycerides, diabetes, heart disease and stroke. Try to reach a healthy weight — and stay there. To lose weight, most women should eat 1,200 to 1,500 calories a day, but not less than 1,200.

ARA photo

"The Go Red for Women" program encourages women to take better care of their hearts.

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Make 2008 the year of healthy snacking

Nutritionally smart choices are available.

(ARA) – The holidays are now just a distant memory; the ball has long dropped along with that New Year's resolution to eat better and lose weight. It's time to make a real change that you'll enjoy keeping: snack more. Sunsweet Growers has the perfect tool to lead the way with a new interactive Web site encouraging consumers to choose healthier snacks over conventional unhealthy snacks.

Registered Dietitian Carolyn O'Neil supports the healthy snacking trend.

"Let's face it – we're a snacking society," she says. "It's time to embrace snacking by getting smart."

The Sunsweet Swap is a new site that encourages people to swap out their current convenient snack for Sunsweet Ones, individually wrapped prunes.

When consumers visit www.sunsweetswap.com they will learn healthy snacking tips, along with providing a nutritional chart to compare calories, fat, and salt content of different snacks.

"What I love about the Sunsweet Swap is it shows the nutritional benefits your body receives by swapping out something like pretzels for Sunsweet Ones. The snacking examples help people make choices that create nutrition-wise habits, and in turn, a healthier lifestyle," adds O'Neil.

O'Neil offers the following tips for mastering the art of snacking.

1. Plan Mini-Meals: Think of a snack as a mini-meal and an opportunity to add servings of healthy foods to your day. Adding a protein source (such as cheese, yogurt or nuts) will help tame hunger longer.

2. Make it Convenient: Since you are often grabbing a snack because you're hungry and in a hurry, plan to have healthy grab-and-go options close at hand. Dried fruit such as individually wrapped Sunsweet Ones prunes can be stashed in your desk drawer, your purse or your car so that you easily enjoy something sweet which adds fiber to your diet (important for digestive health) and a variety of nutrients from the fruit group.

ARA photo

A healthy diet can snacks — if they are well thought out.

3. Enjoy What You Crave: But do it the smart way. If you've got to have something savory and crunchy, choose options that meet that need without a lot of fat and calories. If your snack-tooth craves something sweet, reach for fruit instead of candy. Want something smooth and creamy? Choose low-fat or nonfat yogurts instead of ice cream. You'll get more calcium per serving and save on fat and calories.

4. Keep Size in Mind: Try to limit snacks to about 100 calories, which should last you until your next meal. That could be 1 cup of celery sticks with 2 tablespoons of hummus dip or the sweet indulgence of savoring four prunes.

5. Think about Drinks: When choosing a beverage for a snack, think about its health benefits, too. Nonfat milk and vegetable juices are a liquid source of vitamins, minerals and in the case of fruit juices such as Plum-Smart plum juice, they can be an excellent source of dietary fiber.

Deciding what to snack on should be a conscious and active decision, with nutritional benefits and serving size in mind. Many people forget: snacks count as part of your daily diet. Instead of grabbing for that bag of chips in your desk drawer, arm yourself with healthy alternatives.

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Happy — and healthy — new year

Lifestyle changes can lead to a healthier 2008.

(ARA) — Every new year brings New Year's resolutions — most of which are abandoned just a few weeks, and sometimes even days, into January! In 2008, skip resolutions that call for drastic measures. Instead, make a simple pledge that will be a cinch to keep — empower your family to get healthier and happier with easy nutrition tips that work effortlessly with your lifestyle.

The following helpful tips will make it fun and simple for your entire family to stay on track all year long!

Promise to become healthy as a family

Research shows families who adopt better nutrition and fitness habits together have higher success rates in achieving an overall healthier lifestyle. For example, a good place to start is participating in the Just One More for Healthy Living pledge. The program encourages families to take simple steps each day to yield significant results towards a healthy lifestyle. Families simply pledge online (www.EatJustOneMore.com) to add just one more serving of fruits and vegetables, including tomatoes daily, one more serving weekly of lean protein, such as tuna, and 30 more minutes of daily activity.

Little chefs

Research shows that when children have a role in meal planning, they are more inclined to eat it. Get them excited about the process. Try having the kids create their own menu of healthy snacks to enjoy. Additionally, keeping nutritious options on hand that your child is excited about means they may not be as inclined to reach for the salty or sugary snacks. A great sweet treat to keep stashed in the pantry is Del Monte Healthy Kids. Fortified with vitamins A and C as well as calcium, the peach and fruit cocktail varieties are the first fortified fruit cups on the market (DelMonte.com), and provide the essential vitamins kids need to live happier, healthier lives.

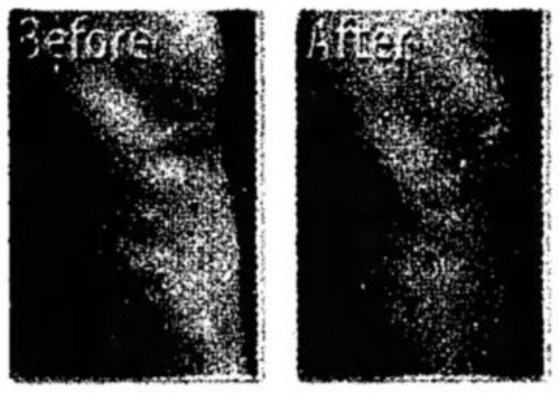
Teach your kids to "Eat the Rainbow" every day

This is a fun way for kids — and adults — to get the balanced nutrition they need. Kids love to keep track of all the "colors" they eat during the day — even green! Add one additional serving of fruits and vegetables to your family's diet each day to pump up energy levels. Research suggests that only 20 to 30 percent of Americans actually eat the recommended servings of fruits and veggies a day, which the FDA now advises is 9 to 13 servings for optimal health. Eating more fruits and vegetables daily will not only make you feel fuller and more energized, but the vitamins, minerals, and fiber found in them can help prevent heart disease, high blood pressure, certain cancers, type 2 diabetes, and obesity.

Bring back family dinner

Studies indicate that children who eat with their family develop healthier habits than those who don't.

You Don't Have to Worry About Varicose Veins.



More than 80 million Americans suffer from some form of superficial venous disease, such as varicose and spider veins. Doctors at Excela Health offer patients a minimally invasive option that provides cosmetic improvement as well as pain relief.

Pain and swelling in the legs is frequently related to abnormal leg veins. Symptoms, often made worse by prolonged standing, include feelings of fatigue, heaviness, aching, burning, throbbing, itching, cramping, and restlessness of the legs. Severe varicose veins can compromise the nutrition of the skin and lead to eczema, inflammation or even ulceration of the lower leg.

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Manage eye health in golden years

(ARA) — With life expectancy figures continuing to climb, managing eye disease is essential for people to maintain healthy, happy and productive lives. According to the American Optometric Association, Age-Related Macular Degeneration (AMD) is the leading cause of severe vision loss in people over age 50. The Centers for Disease Control and prevention estimate that 1.8 million people have the disease and another 7.3 million are at risk for vision loss from AMD.

ARA photo

Longer life expectancy means eye health is more important than ever.

AMD occurs when the central area of the retina responsible for clear vision, the macula, is damaged. This results in a loss of central vision in the eye, which is needed for reading and close work. Color vision and distance vision are also affected. There are two types of macular degeneration: "dry" or atrophic, and "wet" or exudative.

The exact cause of macular degeneration is unknown but it may be related to aging, hereditary factors, smoking and exposure to high levels of ultraviolet radiation and blue light, both found in sunlight. Your lifestyle can play a role in reducing your risk of developing AMD and other eye diseases. The AOA recommends:

- Eat a low-fat balanced diet rich in green, leafy vegetables, or ask their optometrist about dietary supplements.
- Wear sunglasses that block 99 to 100 percent of ultraviolet radiation.
- Keep blood pressure under control.
- Avoid smoking.

People should also be alert for the symptoms of the wet form of macular degeneration and seek professional help immediately if they notice:

- A sudden loss of the ability to see clearly.
- A gradual change in color vision.
- Distorted vision, such as wavy lines that should be straight.
- A dark or empty area appearing in the center of vision.

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